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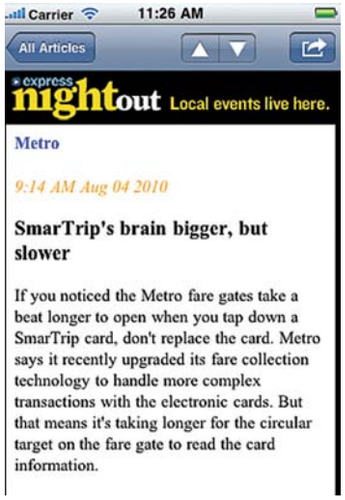

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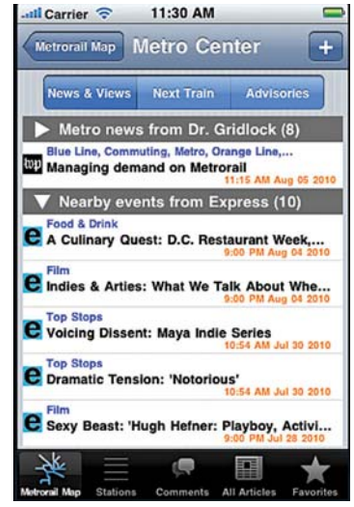

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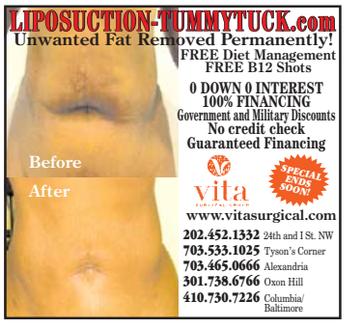


OCTOBER 19, 2010 | A PUBLICATION OF The Washington Post | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | FREE DAILY

Tuesday

FEDERAL CASE

Can John Ashcroft be held responsible for a post-9/11 arrest? 5

NO RESPECT

The 111th Congress is among the busiest but least appreciated 3

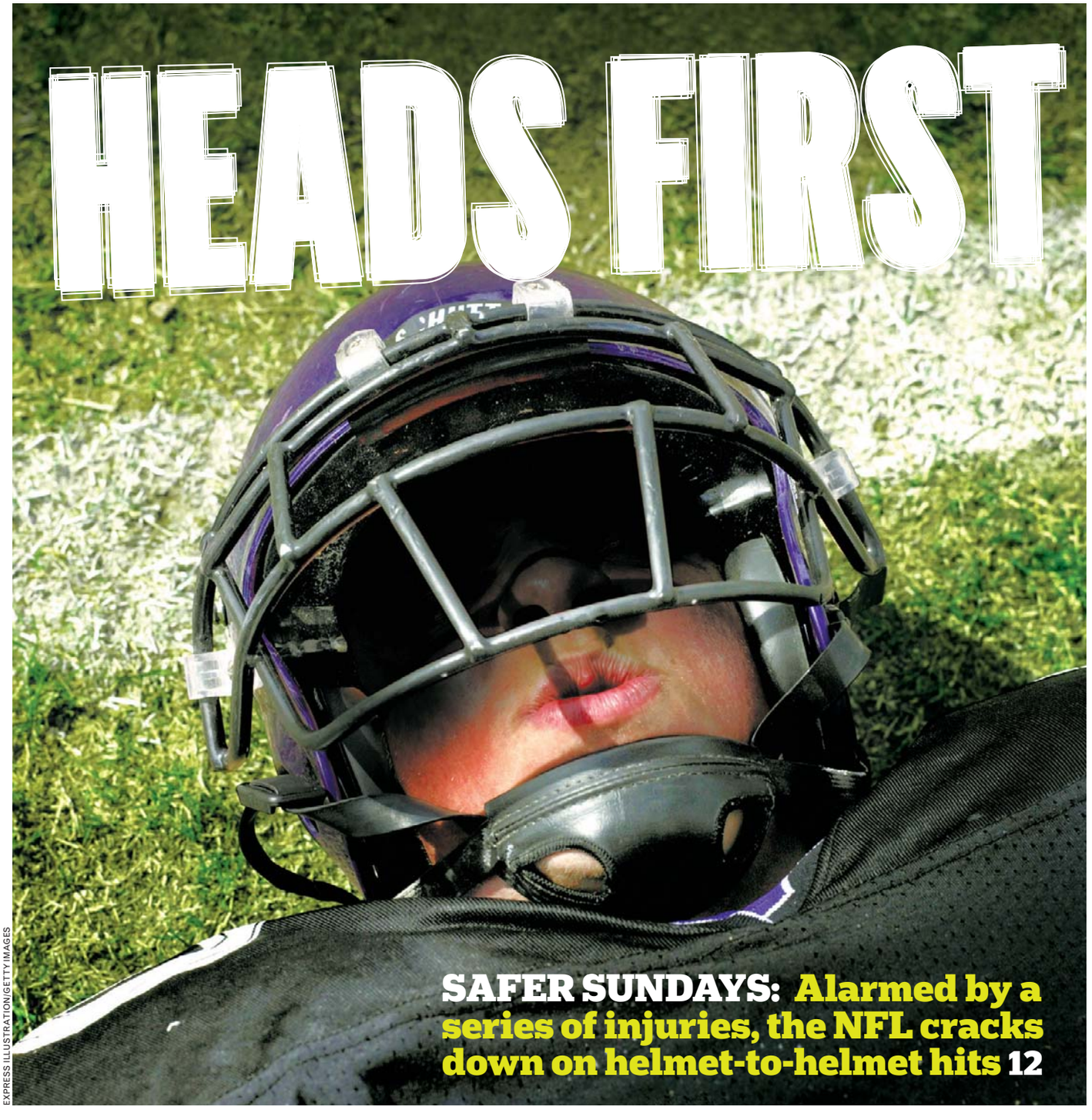
HEH HEH

Relive all 45 'Pee-wee' episodes via new, kooky DVDs 33

am 66 | 48 pm

FOR EXTENDED FORECAST, SEE PAGE 43

HEADS FIRST



EXPRESS ILLUSTRATION/GETTY IMAGES

SAFER SUNDAYS: Alarmed by a series of injuries, the NFL cracks down on helmet-to-helmet hits 12

eo

eye openers

City Most Desperate For Records in World

Residents of the Iztapalapa borough of Mexico City cooked up a 230-foot-long, almost 1 1/2-ton enchilada Sunday. A Guinness record official confirmed it was the world's biggest. Mexico City has gone for a number of world records recently, including the largest number of people dancing Michael Jackson's "Thriller" and most people kissing simultaneously. (AP)

"I happened to look down there and I said, 'That looks like Jesus.' It just amazed me."

— **BILL JOHNSON,** OF WINSTON-SALEM, N.C., UTTERS WHAT ABSOLUTELY EVERYONE SAYS WHEN THEY SEE IMAGES OF JESUS ON OR IN RANDOM OBJECTS. HIS IS A TREE BRANCH.

'The Mgmt.' Didn't Have Same Ring to It

The members of the Normandy Park Baptist Church in Florida want everyone to know how they feel about the person who stole three of their air conditioning units. The sign in front of their church now says, "To whoever stole my air conditioners, you are going to need ºthem. — God." Church members would like to see some justice for the thief in this life as well, but as for the church, Pastor Troy Dixon says it's moving on. (AP)

The Big Picture

DAN KITWOOD/GETTY IMAGES

KNOTS FORMED the shape of a bird as they took to the air last week at the RSPB's Snettisham Nature Reserve, in Snettisham, U.K. (A "knot" is a type of bird.) The reserve lies on the edge of "The Wash," one of the most important bird sanctuaries in the U.K., supporting over 300,000 birds. (EXPRESS)

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Congress Makes Most of Its Time

Despite voter doubts, session was the most productive since '60s

Washington

The public panned it. Republicans obstructed it. Many Democrats fled from it. Even so, the session of Congress now drawing to a close was the most productive in nearly half a century.

Not since the explosive years of the civil rights movement and the hard-fought debut of government-supported health care for the elderly and poor have so many big things been done so quickly.

Gridlock? It may feel that way. But that's not the story of the 111th Congress — not the story history will remember. Democrats are dearly hoping history won't repeat itself. In 1966, after Democrats created Medicare and Medicaid and passed civil rights laws, they got hammered in the election, losing 48 seats in the House and four in the Senate. They maintained their majorities in both at the time, but an identical result next month would turn the House over to Republicans.

CHIP SOMODEVILLA/GETTY IMAGES

Speaker of the House Nancy Pelosi signs legislation extending unemployment benefits while surrounded by members of the House at the U.S. Capitol in late July.

"A world dominated by bickering and epithet-throwing in Washingon obscures accomplishments."

— **NORMAN ORNSTEIN**, A SCHOLAR AT THE AMERICAN ENTERPRISE INSTITUTE.

In the 1960s, Democrats paid the price for events largely outside their control — an escalating war in Vietnam going badly, rowdy anti-war protests and violence in American cities, said Linda Fowler, professor of government at Dartmouth College.

Democrats struggling now to retain majorities in the House and Senate must deal with a public that is quick to blame Washington for the prolonged economic downturn, and that resents the bank bailouts that were actually passed by the previous Congress.

Congress passed an $814 billion economic stimulus package soon after President Obama took office, tapping a staggering sum of money to avoid a full-blown depression. Democrats have trumpeted the gains from that effort, but know it's not enough for restive voters. "Americans still see themselves in a ditch," said House Majority Leader Steny Hoyer. **JIM ABRAMS (AP)**

Where They Failed

Democrats cling to a hope that voters will come to a more favorable view of how the party handled health care and the economy. But in taking on issues for the history books, Democrats have failed on some matters close to the hearts of allies whose energy is vital in an election. Legislation making it easier to unionize workplaces is stalled, Hispanics are still pressing for an overhaul of the immigration system, and environmental groups want action on climate change. **(AP)**

In Brief

HENNING, TENN.

2 Workers Killed in Tenn. Post Office Shooting

Two gunmen opened fire Monday morning at a post office in Henning, Tenn., killing two workers during an attempted robbery. Officers were searching for a maroon Chevrolet Malibu with two men inside, and no arrests have been made. **(AP)**

LOS ANGELES

Lawyer: Doc Implanted 12 Embryos in Octomom

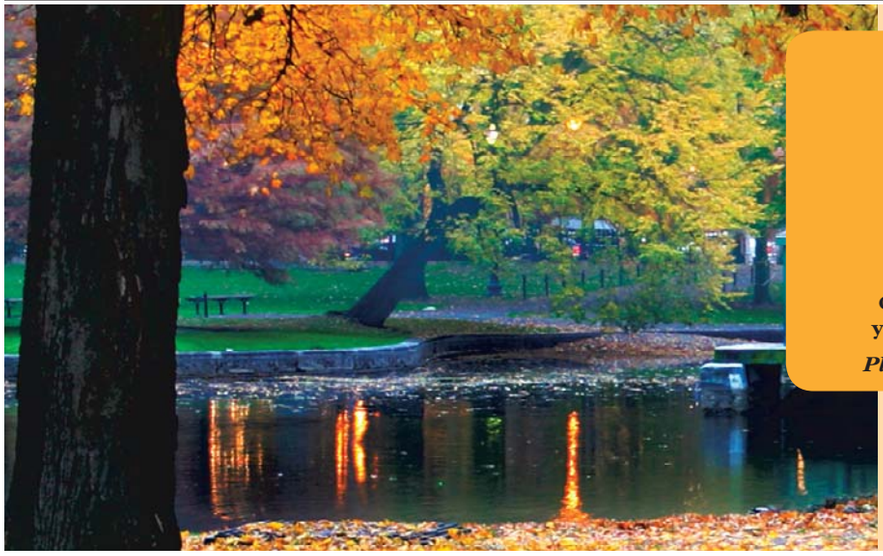
Nadya Suleman's fertility doctor implanted a dozen embryos in the pregnancy that gave her octuplets, a state attorney said Monday, a number that surpasses Suleman's assertion that only six embryos were implanted. Dr. Michael Kamrava's action violated national standards of care, Deputy Attorney General Judith Alvarado said at the Medical Board of California's hearing to consider revoking or suspending Kamrava's license. **(AP)**

WASHINGTON

Bank of America Plans To Resume Foreclosures

The pace of U.S. home foreclosures may not slow much after all. Bank of America said Monday that it plans to resume seizing homes in 23 states next week. It said it has a legal right to foreclose despite accusations that documents used in the process were flawed. **(AP)**

Shiraz by Starbucks: Something new is on the menu at a renovated Starbucks in Seattle: beer and wine. The store that reopened Monday is the first under the Starbucks brand to offer alcohol. Craft beer and local wines go on sale after 4 p.m. and the idea is to offer drinks and a wider variety of savory food that will attract customers after the morning espresso rush. The Olive Way store is testing ideas that could someday spread to other locations. **(AP)**



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Nation

4 Guilty in N.Y. Bomb Plot

Court convicts men of planning to attack synagogues, planes

New York

Four men snared last year in an FBI sting were convicted Monday of plotting to blow up New York City synagogues and shoot down military planes with the help of a paid informant who convinced them he was a terror operative.

The sting never put New Yorkers at risk. But the defendants "thought this was real — real bombs, real missiles — every step of the way," Assistant U.S. Attorney David Raskin said during closing arguments.

A jury in federal court in Manhattan deliberated eight days before finding alleged mastermind James Cromitie and three co-defendants guilty of charges including conspiracy to use weapons of mass destruction and conspiracy to acquire and use anti-aircraft missiles to kill U.S. officers and employees.

Cromitie and David Williams were convicted of all eight counts, while Onta Williams and Laguerre Payen were convicted of seven of eight counts. Sentencing was set for March 24, when the defendants could face up to life in prison.

Afterward, U.S. Attorney Preet Bharara in a statement called homegrown terrorism a "serious threat" and added: "We are safer today as a result of these convictions." He said the defendants agreed to plant bombs and use missiles "they thought were very real weapons of terrorism."

Defense lawyers said they will appeal. "This is a miscarriage of justice — just like the whole trial and case," said Susanne Brody, who represents Onta Williams.

The lawyer for Payen, Samuel Braverman, said his client was "stunned." **TOM HAYS (AP)**

Tea Party Express Kicks Off in Reno

SCOTT SADY/AP

SARAH PALIN speaks to the crowd Monday during the kickoff of the nationwide Tea Party Express bus tour in Reno, Nev. The former Alaskan governor launched a 15-day coast-to-coast tour, hoping to capitalize on voter discontent and unify conservatives before the election. Palin told supporters that common sense is an "endangered species" in Washington, D.C.

Hearsay

"You know, when you win first place at a science fair, nobody's rushing the field or dumping Gatorade over your head."

— PRESIDENT OBAMA, SPEAKING DURING A SCIENCE FAIR ON MONDAY AT THE WHITE HOUSE TO UP-AND-COMING STUDENTS WHO WON A RANGE OF SCIENCE, TECHNOLOGY, ENGINEERING AND MATH COMPETITIONS. THE PRESIDENT SPENT NEARLY AN HOUR VIEWING THE 11 SCIENCE PROJECTS ON DISPLAY.

Can Ashcroft Be Sued for 9/11 Policy?

High Court to decide whether former AG is liable for arrest

Washington

Abdullah al-Kidd had an all-American background: Kansas native, then a football star in college. That's when he converted to Islam.

John Ashcroft was the attorney general who approved a policy that led to the arrests of al-Kidd and dozens of others without evidence of crimes in the Bush administration's aggressive response to the 9/11 attacks.

Now the Supreme Court will decide whether al-Kidd can try, through a civil lawsuit, to prove that Ashcroft should be held personally responsible for his arrest.

It is just one of several instances where Ashcroft's push-the-envelope style during the fear-filled period that followed the Sept. 11, 2001, terror attacks has ended up spawning lawsuits.

Al-Kidd was arrested at Dulles International Airport in 2003, preparing to board a flight to Saudi Arabia.

The FBI persuaded a judge to issue a warrant for al-Kidd's arrest by contending he had paid $5,000 for a one-way ticket and neglecting to mention that he was an American and had a wife and children in the U.S. His lawyers say the claim about the ticket was false, that he had a much cheaper, round-trip ticket.

ALEX WONG/GETTY IMAGES

A civil lawsuit says John Ashcroft should be held responsible for a post-9/11 arrest.

Al-Kidd was one of at least 70 people detained under a law aimed at ensuring that "material witnesses" would be available to appear in court and testify at trial, according to a study by civil liberties groups. The lawsuit has not gone to trial, and Ashcroft says he should be shielded from suits concerning his official duties. **MARK SHERMAN (AP)**

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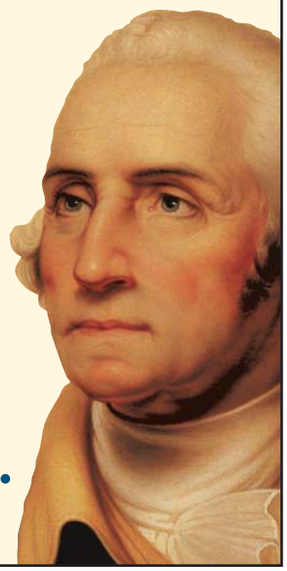

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World

In Brief

BEIJING

China's Potential Leader Promoted Within Party

Chinese Vice President Xi Jinping was promoted to a key post in the Communist Party's military committee Monday. Xi is now the party's sixth-ranking leader, and has been viewed as the successor to President Hu Jintao, who is expected to step down as party chief in 2012 and as president the next year. (AP)

JERUSALEM

Hamas Now Has Missiles In Gaza, Netanyahu Says

Gaza's Hamas rulers have obtained anti-aircraft missiles, Israeli Prime Minister Benjamin Netanyahu said Monday, which could threaten Israel's ability to strike at the Islamic militant group. He said any peace agreement would need arrangements to deal with the threat. (AP)

ROME

Iran Joins Afghan Talks

Iran took part in a high-level meeting on Afghanistan on Monday after the U.S. said it has no problem with its participation. The Afghan government, NATO, the EU, U.N. and others gathered to assess progress in Afghanistan. (AP)

SAN'A, YEMEN

Death Sentence Given In Yemeni Terror Trial

A court in Yemen sentenced Saleh al-Shawish, an al-Qaeda militant, to death on Monday after convicting him of involvement in terror attacks and manufacturing explosives. Al-Shawish shouted after the verdict that al-Qaeda would have its revenge. (AP)

Oil Sector Fans Furor in France

Fear of fuel shortage grows as strikes over pension plan persist

Paris

Airlines flying into France were ordered to slash schedules — and to bring enough fuel for the trip out. Gas stations ran short or dry, while truckers jammed highway traffic Monday by driving at a snail's pace, a tactic known in French as "operation escargot."

Strikes over the government's plans to raise the retirement age to 62 from 60 disrupted daily life and a wide swath of industry — from oil refining to travel to shipping — as protesters fought a proposal they say tampers with the near-sacred French social contract.

Street demonstrations were planned in more than 200 cities across France on Tuesday — the sixth nationwide day of protest marches since early September. Tuesday was also expected to bring more severe disruptions to air travel, trains, schools and beyond.

Many in France consider retiring at 60 a pillar of France's hard-won social contract — and fear this is just the first step in eroding their often-envied quality of life.

"This reform is essential, France is committed to it, and France will carry it out," President Nicolas Sarkozy said Monday. The measure is expected to pass easily in a Senate vote this week.

The strike by oil workers has been the most disruptive tactic yet — and in response, the Interior Ministry opened a crisis coordination center Monday.

Alexandre de Benoist, who heads the Union of Independent Oil Importers, estimated that 1,000 of the 4,800 gas stations attached to large supermarkets had run out of at least one fuel product.

Prime Minister Francois Fillon has pledged to do whatever is necessary to prevent fuel shortages, and French Industry Minister Christian Estrosi said Monday there were enough backup stocks to last several weeks.

The protests in France come as countries across Europe are cutting spending and raising taxes to bring down record deficits and debts from the worst recession in 70 years. ANGELA DOLAND AND GREG KELLER (AP)

KENZO TRIBOUILLARD/AFP/GETTY IMAGES

Workers block fuel storage depots on Monday in Caen, France, joining the protests over plans to raise the retirement age to 62.

Meanwhile ...

French youths burned tires and cars, set up blockades and clashed with riot police Monday outside some high schools. About 100 students in the Paris suburb of Nanterre tried to blockade their school, and police responded with rubber bullets. In all, 261 schools were blocked by protests Monday. (AP)

Russia Exalts Spies: President Dmitry Medvedev bestowed the country's highest state honor Monday on the Russian sleeper agents deported from the U.S. as part of the countries' biggest spy swap since the Cold War, the Interfax news agency reported. The awards were handed out at a Kremlin ceremony, the agency reported. In June, 10 Russian agents were deported in exchange for four people convicted in Russia of spying for the West. (AP)

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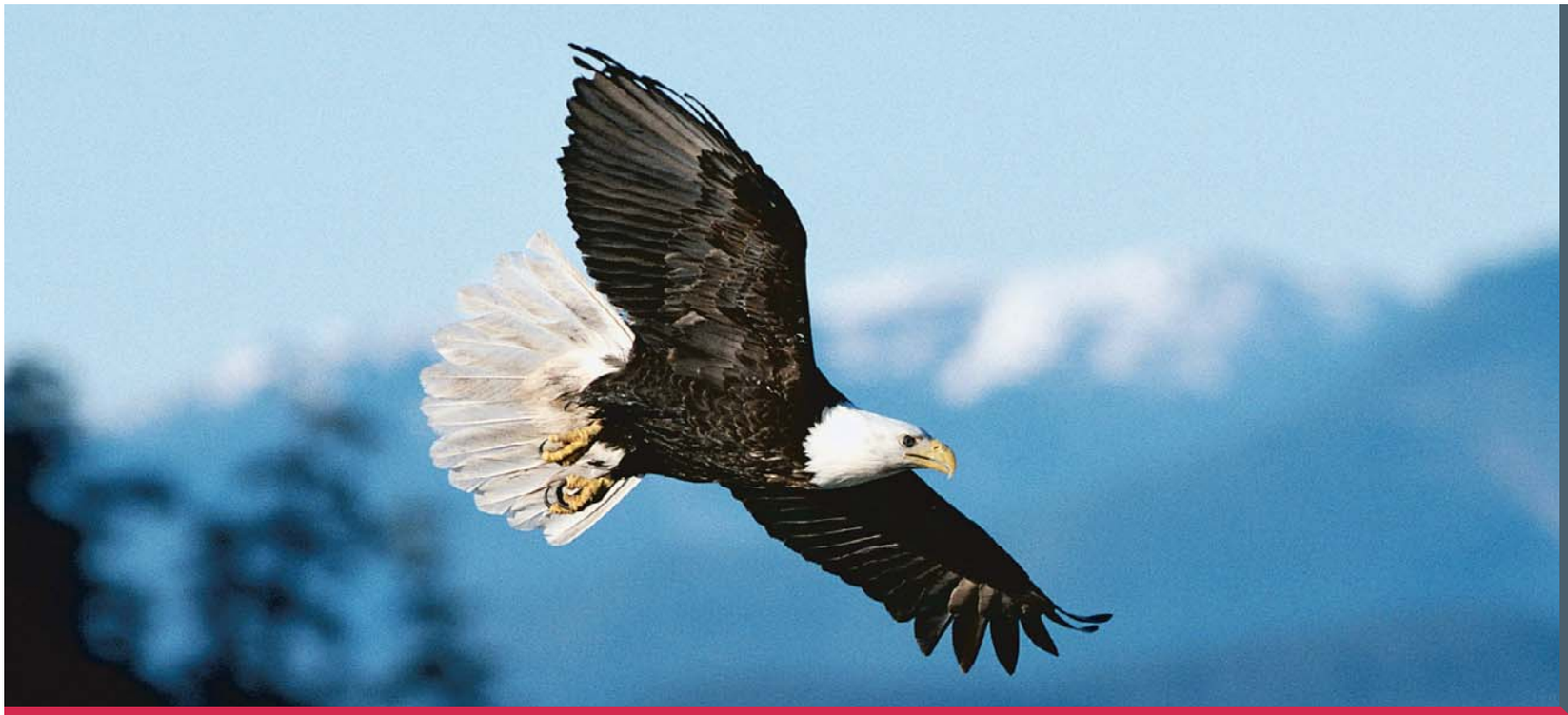

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World

A Top Canadian Admits Slayings

Rising military star who flew leaders faces a life sentence

Belleville, Ontario

A commander who was a rising star in Canada's military pleaded guilty Monday to the murders of two women, the sexual assaults of two others and dozens of breaking and entering charges in which he stole panties from the bedrooms of girls as young as 11.

Col. Russell Williams, who once flew prime ministers and served as a pilot to Queen Elizabeth II during a visit, was the commander of Canada's largest Air Force base until he was charged earlier this year.

The 47-year-old faces an automatic sentence of life in prison with no possibility for parole for at least 25 years. The list of charges was so long that it took nearly 40 minutes on Monday to read it into the record.

Prosecutors said Williams targeted women in their teens and 20s and often photographed himself in their underwear. He carefully catalogued the photos of himself in the victims' underwear with time and date stamps on hard drives in his Ottawa home, authorities said.

Prosecutors also said Williams videotaped the assaults and murders. CHARMAINE NORONHA (AP)

Backstory ...

Col. Russell Williams, 47, pleaded guilty Monday to the murders of Jessica Lloyd, 27, whose body was found in February, and Marie Comeau, a 38-year-old corporal under his command who was found dead in her home last November. Both women were asphyxiated. The 23-year Canadian military veteran also pleaded guilty to the sexual assaults of two women in two separate home invasions in September 2009, and 82 counts of breaking and entering. (AP)

Super Typhoon Lashes Philippines

BULLIT MARQUEZ/AP

A MAN MAKES HIS WAY along a blustery Philippine road on Monday during Super Typhoon Megi. With sustained winds of 140 mph, Megi is the strongest typhoon to hit the Philippines in four years, government forecasters say.

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World

Legalities

SWEDEN'S IMMIGRATION authority said Monday it denied WikiLeaks founder Julian Assange's application for a residence permit. He is trying to establish a base in Sweden to take advantage of its laws protecting whistle-blowers. Prosecutors are investigating rape and sexual molestation allegations against Assange, who has denied the accusations. (AP)

NATO: Blocked Supply Routes Stifle Taliban

Increased pressure on militants finding success, officials say

Kabul, Afghanistan

The NATO coalition said Monday that Afghan and international forces have choked insurgent supply routes in some parts of Afghanistan, prompting militants to extort money from citizens to keep their operations sufficiently supplied.

"We are seeing instances where insurgents are receiving faulty ammunition and weapons through their supply channels," said German Brigadier Gen. Josef Blotz, a spokesman for the NATO command in Kabul. "We have even seen instances where Taliban spokesmen attempt to blame this phenomenon on the coalition."

CHRIS HONDROS/GETTY IMAGES

The increase of troops is taking its toll on Afghan insurgents, NATO officials say.

NATO officials claim the build-up of tens of thousands of troops is taking its toll on the insurgents. The coalition has been highlighting indications of progress in the war in the run-up to President Obama's December review of the U.S. strategy in Afghanistan.

But they also acknowledge fierce fighting against militants, especially in the south. KATHARINE HOURELD (AP)

Meanwhile ...

Airstrikes by coalition forces on Sunday killed up to 14 suspected insurgents. One in northern Baghlan province reportedly killed around 10 people Sunday, a NATO statement said. Another airstrike killed four fighters who were planting a bomb, an official said. (AP)

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Local

Exposure a Concern in Levy Trial

Jury selection begins in slain intern case that gripped nation

Washington

Jury selection began Monday in the murder trial of a man accused of killing federal intern Chandra Levy nearly a decade ago, a case that derailed a California congressman's career and generated headlines around the world.

Ingmar Guandique, 29, is charged with murder, kidnapping, attempted sexual assault and other counts. Authorities say he attacked Levy while she was jogging alone in Rock Creek Park in May 2001.

AP

Ingmar Giandique, 29, is standing trial in the death of Chandra Levy in 2001.

In court Monday, jurors filled out an 11-page questionnaire that sought to determine their exposure to pretrial publicity and whether they can sit as jurors on a case that could stretch six weeks.

Defense attorneys objected that the first half of the 114-member jury pool were subjected to individual security screenings with handheld metal detectors before they entered the courtroom, arguing that the enhanced security measures implied to jurors that Guandique is a threat. Superior Court Judge Gerald Fisher agreed to stop subjecting the jurors to the enhanced screening, but rejected a request to have all 56 of those jurors dismissed.

Thirty three members of 114-person pool were struck, almost all because they had travel or some other personal or professional hardship. Concerns over exposure to pretrial publicity will be dealt with on Wednesday. **(AP)**

No Bail in Md. Officer's Death

Baltimore

A judge has denied bail for a 25-year-old man accused of killing an off-duty Baltimore police detective during an argument over a parking space.

Sian James is accused of throwing a piece of concrete that struck Detective Brian Stevenson in the side of the head, killing him. The two had argued over a parking space Saturday night.

Associate District Judge Charles Chiapparelli ordered James held without bond during a hearing Monday morning at Baltimore's booking center. **(THE WASHINGTON POST)**

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Local

Dinner Served by DCPS

New program offers three meals a day to neediest school kids

Washington

D.C. public schools have started serving an early dinner to an estimated 10,000 students, many of whom are now receiving three meals a day from the system as it expand efforts to curb childhood hunger and poor nutrition.

Free and reduced-price breakfast and lunch long have been staples in most urban school systems. But the District is going a step further in 99 of its 123 schools and reaching nearly a quarter of its total enrollment. Montgomery and Prince George's Country also offer a third meal of the day in some schools but not on the scale undertaken in the city.

The program, which will cost the school system about $5.7 million this year, comes at a time of heightened concern about childhood poverty in the city. Census data show that the poverty rate among African American children is 43 percent, up from 31 percent in 2007 and significantly higher than national rates.

Officials describe the dinner initiative as having three goals: hedging against childhood hunger, reducing alarming rates of obesity and drawing more students to after-school programs, where extra academic help is available. It is also part of a broader effort, mandated by recent D.C. Council legislation, to upgrade the quality and nutritional value of school food with fresh, locally grown ingredients.

Until this year, most after-school fare was a snack of juice and a muffin or bagel. But for children who spend up to 10.5 hours at school, it wasn't enough. Officials started hearing from principals and teachers that not only were many kids hungry for the last few hours of a long day, some of them weren't eating much at home. BILL TURQUE (THE WASHINGTON POST)

JONATHAN NEWTON/TWP

Tyler Dawson leads the line for dinner—a new offering at some D.C. schools.

The Lotteries

Monday, Oct. 18

District

Mid-day Lucky Numbers	1-8-0
Evening Lucky Numbers (Sun.)	0-3-0
Mid-day DC 4	9-2-0-2
Evening DC 4 (Sun.)	8-1-7-7
Mid-day D.C. Five	5-4-8-5-0
Evening D.C. Five (Sun.)	5-9-1-3-3
Daily 6 (Sun.)	6-12-15-24-28-34 (33)

Virginia

Mid-day Pick 3	7-9-4
Evening Pick 3 (Sun.)	2-6-2
Mid-day Pick 4	3-9-2-3
Evening Pick 4 (Sun.)	2-8-0-4
Mid-day Cash 5 (Sun.)	02-04-05-16-25
Evening Cash 5 (Sun.)	06-12-25-28-30

Maryland

Mid-day Pick 3	5-4-6
Evening Pick 3 (Sun.)	0-0-4
Mid-day Pick 4	8-4-9-4
Evening Pick 4 (Sun.)	8-5-9-5
Match 5 (Sun.)	05-09-16-21-24 (32)

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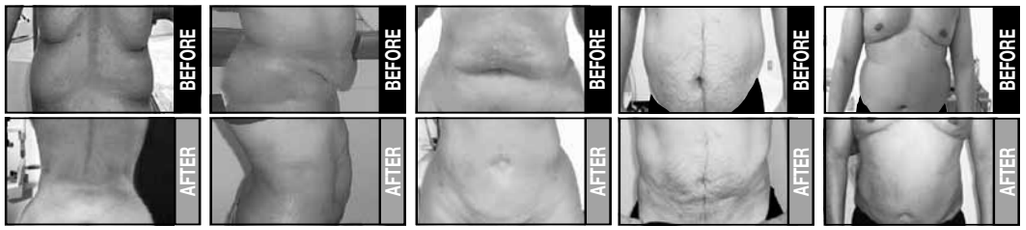

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Tackling Head Injuries

NFL will crack down on hard hits after a rash of concussions in this week's games

Washington

A day after an unusual series of player head injuries shocked football fans and alarmed the sport's officials, the NFL vowed Monday to crack down on dangerous, illegal hits with more severe disciplinary measures.

Ray Anderson, the NFL's executive vice president of football operations, said players could be suspended for illegal hits to an opponent's head beginning this weekend. "We need to dispel the notion that you get a free pass for a first offense," he said. "We're going to another level of accountability."

Sunday appeared to be one of the worst days in recent memory for player head injuries, though recent league-wide efforts to protect athletes may mean there is now closer scrutiny and more careful accounting of the blows.

It came at a time of heightened concern over head injuries in many sports, from youth leagues to the professional ranks, and a day after a Rutgers University player was paralyzed below the neck while making a tackle.

"It seemed like every time you turned around, there was another player on the ground for an extended period," Anderson said. "We feel compelled to be aggressive and proactive. We don't want another Darryl Stingley on one of our fields."

Stingley, a wide receiver the New England Patriots, suffered a broken neck in an on-field collision with Oakland Raiders safety Jack Tatum in 1978 and was left a quadriplegic.

The violence and resulting injuries brought calls for action from several quarters, including former New England Patriots safety Rodney Harrison, a ferocious tackler during his years in the league. "You didn't get my attention when you fined me five grand, 10 grand, 15 grand," Harrison said on NBC's "Sunday Night Football." "You got my attention when I got suspended and I had to get away from my teammates and I disappointed my teammates [for] not being there. ... You have to suspend these guys. These guys are making millions of dollars."

Not all players expressed support for stricter disciplinary measures for illegal hits. "When you're playing football [and] you're going to deliver a hit, it's not like you really try to hit somebody in the head," said Redskins fullback Mike Sellers. "It's just you're trying to deliver a blow, and sometimes it just ends up like that. Hopefully the league will be a little more lenient on some of this stuff and not crack down as hard as they've been."

MARK MASKE (THE WASHINGTON POST)

SETH WENIG/AP

300

The number of professional athletes in just the last two years who have agreed to undergo a battery of annual tests and donate their brain after death as part of a Boston University medical school study on the long-term effects of repeated concussions.

Redskins' Woes

Redskins tight end Chris Cooley said Monday he kept playing after suffering a concussion in the loss to Indianapolis before finally removing himself from the game. He told 106.7 FM that the second-quarter hit that caused the concussion was a "little bit of a bell-ringer" but not forceful enough to knock him out. Cooley said he underwent a series of tests Monday and indicated he would have a CT scan on Tuesday. He must be symptom-free for two days before he can be allowed to return to practice. Redskins LB Rocky McIntosh sat out this week due to a mild concussion. **(AP)**

Sunday Injuries

Philadelphia Eagles receiver DeSean Jackson suffered a severe concussion when he was leveled by Atlanta Falcons cornerback Dunta Robinson, who also was injured. Both lay on the field for several minutes before they were helped off. Two Cleveland Browns players — receivers Joshua Cribbs and Mohamed Massaquoi — suffered head injuries on hits by Pittsburgh Steelers linebacker James Harrison. And Detroit Lions linebacker Zack Follett was immobilized, taken from the field on a cart and hospitalized overnight after a helmet-to-helmet hit. (TWP)

"I don't want to injure anybody. There's a big difference between being hurt and being injured. You get hurt, you shake it off and come back the next series or the next game. I try to hurt people."

— STEELERS LB **JAMES HARRISON** AFTER PITTSBURGH'S 28-10 SUNDAY VICTORY, DURING WHICH HE SIDELINED CLEVELAND WIDE RECEIVERS JOSHUA CRIBBS AND MOHAMED MASSAQUOI. THE BROWNS CALLED FOR THE MAXIMUM PENALTY FOR THE PLAYS WHILE HARRISON SHOWED LITTLE REMORSE.

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fit

Guinea Pig | Night Rider

Front and back lights are standard for cycling safety, but to make sure we were pedaling with even more pop, we tried BikeWrappers ($45, Bikewrappers.com). The three stretchable nylon sleeves easily fit on the frame — there was even a gap to accommodate the water bottle — and relied on Velcro to stay put. Our ride in Clarendon attracted a couple of odd looks, but hey, they were looking.

A Visible Improvement

Outdoor activewear is embracing hot hues and new technologies that boost reflectivity

Apparel

When City Sports wanted to draw more attention to its window displays this fall, the exercise apparel chain turned to the most eye-catching stuff in stock: highlighter-hued clothes in fluorescent yellow and orange, splashed generously with silvery reflective spots.

It's turned out to be a bright idea, says Michael Mosca, executive vice president of merchandising, because urban athletes need neon. "In D.C., a lot of them are running on The Mall in the early morning," he says. "There are people in training for the Marine Corps Marathon, and running and cycling for exercise, and it makes sense to be dressing in high-visibility clothing."

And these days, it makes fashion sense, too. For years, the only option for anyone fearing a future as road kill was donning one of those crossing guard-inspired vests. But manufacturers — particularly Brooks, which pioneered the practice with its Nightlife line — are finally turning out stuff designed to be seen that you're not embarrassed to be seen in. "The idea is to make it something that fits well, wicks and breathes," Mosca adds.

In addition to grouping these goodies up front to help spread the message, City Sports is raising awareness through its run clubs — the 19th Street store held a reflectivity-themed night last week to introduce customers to what to wear in low-light conditions.

It's been shoppers doing the educating at Lululemon, which was flooded with requests for reflective gear. This summer, the brand launched "Run: Reflection," a line of pieces made with a fabric woven with reflective yarns so "it looks like you're shimmering," describes Amanda Casgar, Lululemon's regional community guru.

Non-traditional cuts — including a racer-back vest ($98) — and wild plaid patterns are aiming to make safety chic. "We're not in the business of making hideous clothing," adds Casgar, who notes that more items, including shorts and a pullover, will be available in D.C.-area stores by Thanksgiving.

Will this be a fitness fad that just runs its course? Not according to Mosca. "This is what we'll be carrying going forward," he says.

That probably includes Under Armour's new line of run wear that made its debut at the Baltimore Running Festival last weekend. Marathoners and staff sported shirts in a super bright yellow, which will be all over jackets, half-zips and other garments scheduled to be on sale starting in January.

That's one high-visibility way to promote high-visibility.

VICKY HALLETT (EXPRESS)

Bright Ideas

A head-to-toe ensemble might include Saucony's ProGrid Kinvara ($90) shoes from the brand's bright orange "Vizi-Pro" line and a pair of astoundingly yellow Zensah Leg Sleeves ($39.99). Complete the look by zipping up a Brooks Nightlife jacket ($100), which boasts a ton of reflective stripes, and putting on a Brooks Infiniti Beanie ($24), also with reflective powers.

30% The increase in high-visibility product offerings at City Sports since last year.

PALES IN COMPARISON

Reflective refuseniks often believe they're fine outside as long as they're not dressed like ninjas. "We've all heard not to wear all black," says Shari Franklin-Smith, a reflectivity expert for 3M. But she doesn't give light-colored fabrics glowing reviews either, since they're still only visible from 300 feet. That's why 3M is pushing a new campaign, "No White at Night," featuring a video proving how hard it can be to spot runners without reflective attire (3m.com/brands/scotchlite/NoWhiteAtNight), along with products that boast its "360 degree enhanced visibility" standard. "If you're running at a 90 degree angle to traffic and it's all on the front or back, the person isn't visible," Franklin-Smith explains.

Although it would be possible to make a garment entirely out of reflective material, less is more. When there are bits of reflectivity at biomotion points, "the brain can fill in that's a person," Franklin-Smith says. A completely reflective blob might instead look like a giant traffic cone. "You may see if but not recognize it as human," she says. V.H.

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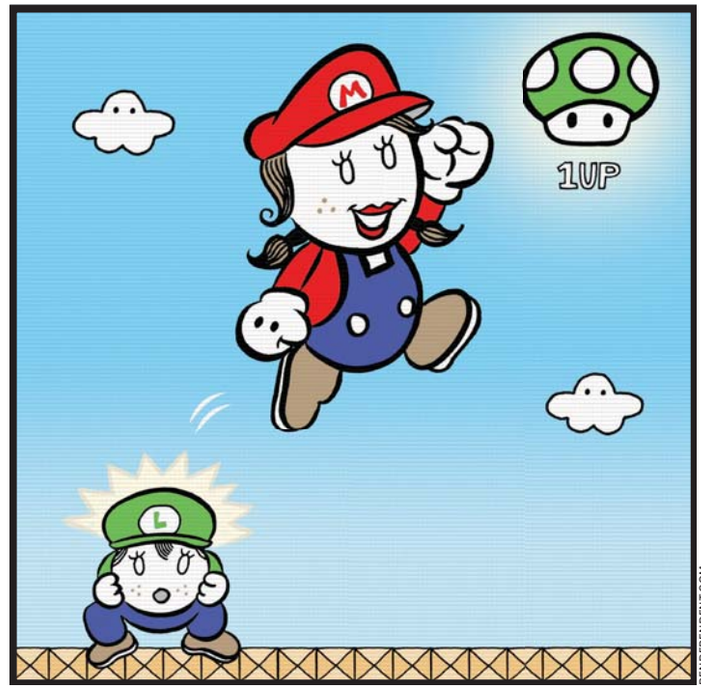

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Adopting New Views on Kids

Q My husband has a lot of mental illness in his family. We've always said that we will most likely not have children, and I thought that was fine with both of us. Lately he has started to reconsider and suggest that I get off birth control and we see what happens, because if it's meant to be, it will happen. I am totally against the idea. If we have children, I want it to be deliberate. And frankly, I have no desire to be pregnant or to subject a child to his family's genes anyway, so I would consider adoption first. He's not on board. STUCK

You're going to have to have some very frank discussions about why he's changed his mind, and whether there's any chance that you will. Can he explain what exactly it is about your birthing a child that now appeals to him? Is it a baby to hold? A care-taker for you two in old age? A carrier of his genes? A decade of finding silly putty in odd places?

Obviously, compromise in this issue is tough — it's hard to get half a child these days — but if you're honest about your motivations, you might be able to find a solution that maximizes your happiness. There are ways to have children as loved ones without being parents, and there are ways to be parents without being scary stereotypes.

And I'd implore both of you to be open-minded — whether it's him toward adoption or you toward remembering that a family history of mental illness is not destiny.

One-Sided Sibling Rivalry

Q My sister is always trying to one-up me with her job, her boyfriend, her weight, our relationship with Mom and Dad, etc. Any way to get a super-jealous, overly competitive person to calm the heck down? TIRED OF IT IN VA

Overly competitive people are lost without fellow competitors. So, as much as you may think that you aren't engaging her in competition, there are probably ways that you can take a step back and stop her in her tracks.

Examine how she gets you going, and what your reactions are. Does she ask you specific questions about yourself, and then try to one-up you then? Does she announce something grandiose at every turn, or try to solicit your constant praise? Might she interrupt or ignore whatever you're trying to say? Once you can really learn her patterns, you can remove yourself from this toxic tango.

By Dr. Andrea Bonior

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

Event Horizon

Green Scene

If you're into organic grub and organic body care products and organic cotton yoga apparel, better head on over to the Convention Center this weekend for the D.C. Green Festival (Greenfestivals.org). There's a bike valet, of course, along with tons of speakers and endless tables with info (and free samples!) from a huge range of eco-friendly businesses. A day pass is $15, but that comes with $10 GF bucks to spend with vendors.

LAWRENCE LUK

Prior lacrosse experience helps because most players are former high school and college athletes sticking with their sport.

Get Inside the Box

You'd better bring the proper padding if you want to try to play indoor lacrosse

Leagues

John Snevely, 28, remembers his first indoor lacrosse experience, but maybe that's just because his ribs won't let him forget.

He'd competed in the outdoor version of the game throughout school in Virginia, so when a few folks encouraged him to play in the Metro Area Box Lacrosse League, Snevely showed up at the indoor rink with traditional field equipment. Big mistake.

"Box" has fewer players (teams of six instead of 10), and nearly 20 fewer square feet of net. But it requires players to wear a lot more padding. Every time Snevely entered the offensive zone, he was immediately cross-checked — a defensive move, illegal in the field game, in which a player rams his stick into the ribs and upper torso of the offensive player to obstruct his movement around the goal.

"I realized the refs weren't calling it and no one was looking," Snevely says.

LAWRENCE LUK

Although players describe the teams as friendly, it can get aggressive.

Seven years later, Snevely has recovered from those initial aches and pains, and is now a loyal indoor convert. A "runner" for the league's top team — appropriately named "Legion of the Doom" — he's a fixture on game days at the BOX Inline Hockey Arena near Route 50 in Chantilly.

The league, founded in 1975, has eight to nine teams, A and B divisions, and plays nearly every Saturday during the summer, fall and winter months. (It's now the fall season, which ends in November.)

Despite the aggressive play, the league is friendly and tight-knit. According to director Marty Joyner, around 20 to 30 guys have played in the league for 15 years.

It's also a workout. Whereas the field game is often marked by long, drawn-out possessions, the presence of a 30-second shot clock indoors translates to a faster tempo and a more transition-oriented game.

"You get more out of an hour playing box than an hour playing field," promises John Nolan, 28, a five-year MABLL veteran.

To join the league, players can either sign up with a specific team or be picked up as a "free agent."

But most involved with MABLL warn that the game may be too intense for lacrosse rookies. Nearly all of the league's players have had some field experience (many in the college ranks), and the tight confines means players need to be more than proficient at catching, throwing and scooping a lacrosse ball.

"Stickwork is paramount," says Joyner. Rib pads don't sound too bad either. **JOEL CENSER**

Stethoscope

OBESITY

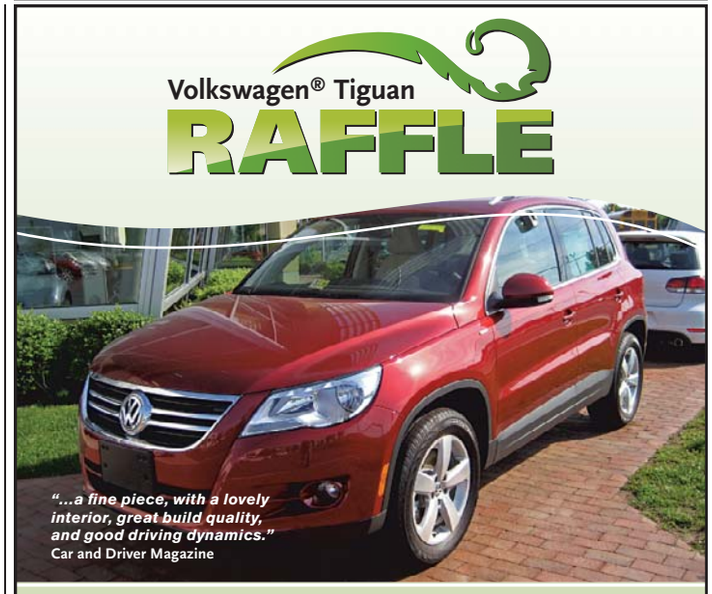
Eschewing the Fat

Texans like to brag that everything's bigger in the Lone Star state, but that apparently doesn't extend to waist sizes. Researchers in Dallas surveyed 2,000 obese (body mass index of 30 or higher) residents and found only a fraction believed they needed to lose weight. This may be a blessing for their mental state — those with misperceptions of their body size were happier and felt healthier. But they were also unaware of their risk levels for developing high blood pressure or diabetes. Additionally, they were less likely to have visited a doctor in the past year.

NEUROLOGY

A Walk to Remember

Suppose you're not good at Sudoku but don't want to go senile? Take a stroll instead. A new study published in Neurology found that walking six to nine miles a week seems to maintain gray matter, which can reduce one's risk of developing Alzheimer's disease, memory problems and other impairments.



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Do Something Nice on Ice

Former Olympian Michael Weiss and other stars skate to support their sport

Interview

Training to be a top figure skater doesn't just demand an amazing figure — it also requires five figures a year. To help aspiring athletes excel (and axel), two-time Olympian Michael Weiss has created a foundation dedicated to providing scholarships. Help out by heading to Ice Champions Live!, a performance featuring the 34-year-old McLean resident and several of his famous figure skating pals, this Sunday at the Kettler Capitals Iceplex (get more information and tickets at Michaelweiss.org).

What can we expect on Sunday?
It's a very intimate venue. We bring seating right on the ice. Few people realize the speed and power when you're watching on TV. Here you'll see a guy going 20 mph with a girl over his head. And there will be other Olympians, including Brian Boitano and Ilia Kulik.

So this is all helping young skaters, and you started young, too.
I was 9 years old the first time I went to the rink, which is pretty old. A lot of my peers started at 3 or 4. But I've been involved in athletics my whole life. Both of my parents were gymnasts and I started diving early.

Why is skating good for kids?
From the exercise aspect, it works balance, cardio and flexibility. Because it's an individual sport, they learn to rely on themselves to be successful. And mentally, there are so many things you learn — goal setting, perseverance. If you're working on a jump, you're going to fall a hundred times before you land it. It's a sport that develops a lot of skills. Not everybody has to do it to become an Olympic champion.

GETTY IMAGES

Michael Weiss has been rehearsing for an on-ice version of "Riverdance."

> **"If you're working on a jump, you're going to fall a hundred times before you land it."**

How much has your fitness regimen changed over time?
When I was training for the Olympics, I used to want to run as fast as I could, jump as high as I could. Now I want to maintain, but I'm still performing a lot and I can still do triple jumps. Also, now that I've gotten older, I have to be more detailed about my eating habits. I have an iPhone app called My Fitness Pal. It has a list of everything you could possibly eat and it deducts from your daily allowance.

How do you exercise?
I have a workout room at home with a stationary bike, an elliptical and a treadmill. Or sometimes I'll go running with my dog late at night. It's also a lot of little things. When I'm at the airport, I always take the stairs. I have three pull-up bars around the house, so if I'm not doing anything, I'll do 20 pull-ups. It's done in 30 seconds. My kids are learning to do that, too. During the commercials, we'll stretch and touch our toes. I'm talking to you on the phone and I'm stretching. VICKY HALLETT (EXPRESS)

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The winning pair will split a $2,000 cash prize, and receive one-year memberships to Gold's Gym. The individual who emerges with the greatest weight loss percentage will win a 4-day trip to Cancun, Mexico!

FIVE COMPONENTS OF FITNESS

Goal Setting • Nutrition
Cardiovascular Health • Resistance Training
Education & Professional Assistance

This week, we've asked Jerry, Camille and their personal trainer, Christina, to discuss nutrition, one of Gold's Gym's five **"Components of Fitness"**, and how it contributes to the successful achievement of fitness goals.

CAMILLE AND CHRISTINA

MEET JERRY & CAMILLE'S PERSONAL TRAINER:
CHRISTINA WERRIES
Gold's Gym - Bailey's Crossroads

Christina may be a fresh face to the challenge, but she's no rookie when it comes to personal training. With over a decade in the health and fitness industry, Christina has dozens of certifications, including nutrition, movement, recovery, cardio conditioning and functional strength training. She is certified by The National Athletic Trainer's Association, The National Strength and Conditioning Association, The American Council on Exercise and The National Academy of Sports Medicine and the American College of Sports Medicine. She intends to help Jerry and Camille reach their goals with high-intensity workouts, protein-packed nutrition and lots of support.

YOU ARE WHAT YOU EAT

As Jerry and Camille are adjusting to working out and their metabolisms are increasing, Christina explains that they must "feed their new bodies differently than their old." The link between nutrition and fitness is undeniable - 75% of our results in the gym are determined by what we eat. Before they work out, Christina suggests a low-carb, low-sugar granola bar to help stabilize blood sugar and provide fuel for their workouts. Christina also recommends a protein shake post-workout for satisfying hunger and promoting muscle and joint recovery.

CHRISTINA'S TIP: Use a food journal to improve food awareness and accountability.

JERRY AND CAMILLE

NO MORE DIETS!

Before this challenge, Camille describes her eating habits as "beyond unhealthy," including eating only one meal a day and a lot of junk food. Jerry says his regular diet included fast food, fried chicken and soda. Christina has helped them replace greasy, fried and high-sugar foods with veggies, fruits and protein. To avoid the fast-food trap, Christina recommends that they keep healthy snacks and meals with them, and she advises the couple to fill up on high-protein foods. For the first time, they're realizing that eating well is a lifestyle change, not a diet.

CHRISTINA'S TIP: Allow a weekly "cheat meal" so you don't feel deprived.

ENJOYING HEALTHY FOOD

With Christina's guidance, Jerry and Camille are learning to enjoy nutritious eating by recognizing that *every* food choice contributes to a healthier future together. They have replaced fast food, sweets and soda with veggies, fruit and high-protein foods like chicken and fish, which develop lean muscle mass and keep them feeling fuller longer. Should cravings arise (chocolate peanut butter candies for Jerry and late-night candy for Camille), Christina urges them to text her so she can remind them of their goals. They are totally committed to Christina's plan and say they've noticed a difference already; Camille feels more satisfied than when she ate mainly "empty calories," while Jerry says that eating well "actually feels better than eating a cheeseburger."

CHRISTINA'S TIP: If it flies, runs, swims or grows in the ground, eat it!

For your free, 7-day VIP membership to Gold's Gym, visit www.goldsgym.com/dc.

Follow the challenge and your favorite pair on Facebook by searching for "Get Fit Challenge".

Points are awarded weekly for weight loss and competitive challenges.*

CHALLENGERS	Previous Weight	Current Weight	Total Weight Loss	PAIR POINTS
MATTHEW	259	242	-17	11
SAL	234	222	-12	
GINA	180	172	-8	7
JOY	201	193	-8	
CAMILLE	208	203	-5	3
JERRY	260	255	-5	

*In the event of no weight loss, or a less than 1% weight gain, contestants receive 0 points. Over 1% weight gain, contestants lose points proportional to their percentage of weight gain.

LAWRENCE LUK

Owners Jimmy and Esen Cenkci have dropped pounds without skipping dessert.

Low-Cal Take On a Cupcake

A Dupont ice cream shop plans to slim down sweet treats

Desserts

Huge news in cupcakes! They don't have to make you huge, even if you're downing generously sized slabs of red velvet topped with white chocolate frosting. The fattening fad is getting slimmed down by Larry's Ice Cream (1633 Connecticut Ave. NW; 202-234-2690), which is launching a new line of low-cal treats this Thursday.

The desserts include tiramisu, apple pie and éclairs, but expect jaws to really drop when customers see the 100-calorie cupcakes. (To compare, check out the nutrition info over at Crumbs Bakeshop, the New York pastry purveyor set to open two D.C. locations. Their massive confections clock in at 500 calories and up.)

It's not the result of magic. It's marriage. When owners Jimmy and Esen Cenkci's daughter wed Burak Budak, 33, who had a healthy high-end café in Turkey, their new son-in-law brought his years of recipe development to the Dupont shop. After six months of hunting down all of the proper ingredients in the States — including maltitol powder, a natural sweetener Budak uses instead of sugar, whole grain flours and yogurts — they're ready to introduce the ice cream parlor diet.

LAWRENCE LUK

Even a small cupcake from most shops can easily be several hundred calories.

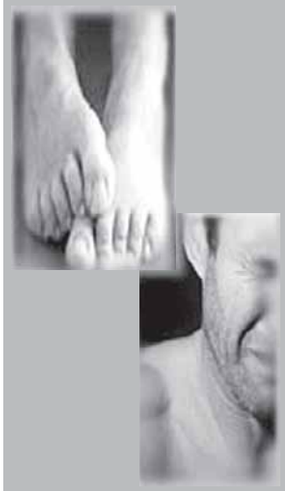
If it sounds too good to be true, just take a look at the Cenkci family. They'd ballooned after years of long workdays, late hours and easy access to all the ice cream they could eat. "I was miserable," says Jimmy, 55, who tipped the scales at 305 pounds, and suffered from backaches, knee pains and high blood pressure.

Enter Budak, who persuaded them to keep food diaries, educated them on nutrition and portion sizes and taught them his lighter cooking techniques. Since April, the family has collectively lost 155 pounds.

But just because they're promoting the new desserts, that doesn't mean ice cream gets the cold shoulder. Jimmy, who's at 230 pounds and hopes to hit 180 in a few months, admits to still having a cone every day. It's strategic, he swears: "A diet that doesn't include food someone likes, they can't keep." AMANDA ABRAMS

express health directory

Foot Pain From Diabetes?



If you have diabetes and pain, burning, or numbness in your feet or arms, you may be eligible to participate in a clinical research study. Please call us for more information and to schedule an appointment at (301) 770-7375, or visit us at dcpain.com.

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CONQUERING TORAIN

Redskins running back Ryan Torain, right, stood out with his 100-yard performance Sunday against the Colts. He scored his second and third touchdowns as a Redskin.

For Redskins back, performance is the name of the game

Commentary

The Kansas Comet is out. That nickname is already taken by the legendary Gale Sayers. So we'll have to find another moniker for Ryan Torain.

By Tracee Hamilton

Rugged Torain? All-Torain Vehicle? The Gravy Torain? OK, that last one's a stretch.

Of course, it's too soon to anoint — or burden — Torain with a nickname. After all, the 24-year-old Kansas native was cut after training camp and added to the practice squad, where he waited two weeks for his chance. When the Redskins abruptly dumped Larry Johnson, it was Torain's turn. He has had a grand total of two starts, and he has rushed for 100 yards in an NFL game exactly once, Sunday night against the Indianapolis Colts in a 27-24 loss.

(Wayward Son? No, too obscure for those not raised on '70s music.)

Torain ran hard a week ago against Green Bay, but had only 40 yards on 16 carries when the dust ("in the wind") settled. There were those who said he wasn't going to cut it as Clinton Portis' replacement. But there were others who said he ran hard against the Packers; he just didn't have any room.

Turns out they were right. Sunday night, against the Colts, he had room. Not gaping holes that the speedsters lap up, but gaps large enough to allow him a two- or three-yard burst. Then his elusiveness and spin moves took over.

They helped him gain 100 yards on 20 carries and two touchdowns. It was the first 100-yard game for a Redskin since Ladell Betts did it last November.

The only person not surprised by Torain's performance was Torain. To go from the practice squad in Week 2 to 100 yards in Week 6, on national TV, against the defending AFC champs, surely you never saw that coming, right?

"That's always been the plan," said Torain. "That's always been the plan to get to that No. 1 spot, get out there and help the team, get out there and produce,"

Torain may find it hard to duplicate Sunday night's performance, but he gave the Redskins something they hadn't had much this season — a threat out of the backfield to take pressure off the passing game and help sustain drives, which helps the defense get some rest.

Maybe Torain should just forego a nickname. His surname is already tattooed across his back — a nickname would just demand more ink. And he hasn't got time to sit in a chair right now; he's enough of a Mike Shanahan disciple to walk the walk and talk the talk.

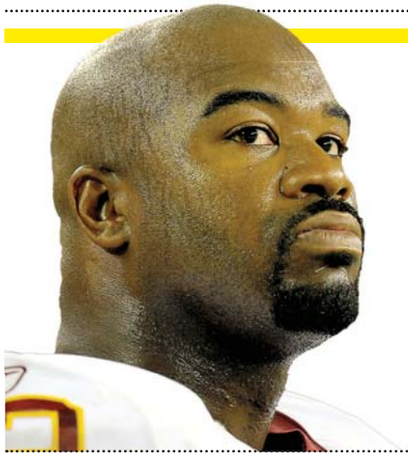
A Sunday night sampling:

"It's a great feeling to get out there and help the team out. We just have to keep working hard."

"Just get in there, do what the coaches ask." (THE WASHINGTON POST)

"I'VE JUST BEEN WAITING TO GET THE OPPORTUNITY TO GET OUT THERE AND MAKE PLAYS ... AND JUST KEEP RUNNING DOWNHILL."

— **RYAN TORAIN,** AFTER HIS BIG GAME AGAINST THE COLTS ON SUNDAY NIGHT.



The Neverending Story

The Redskins insist Albert Haynesworth will remain with the team through Tuesday's trade deadline. Coach Mike Shanahan said Monday there's "a pretty good chance" that Haynesworth won't be sent elsewhere, even though the two-time All-Pro has missed three of six games and has clashed often with the coach this year. "God, I'll be so glad when that's over with so I don't have to talk about this anymore," Shanahan said. "I've answered this question for the last six months, every day. You'll just have to wait and see." The latest saga comes after Haynesworth wasn't activated for Sunday's game even though he returned to practice Thursday after the death of his half-brother. Shanahan said that wasn't enough time to get back in shape and catch up on the game plan. (AP)

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Sports

Dallas Struggles To Break Through

Now with 1-4 record, Cowboys are aware time is running out

Pro Football

Miles Austin couldn't stop berating himself Monday, calling his flag-drawing, celebratory leapfrog of teammate Roy Williams "dumb," then "stupid," then "crazy and unexplainable and unexcusable."

And, get this: It wasn't even his fault.

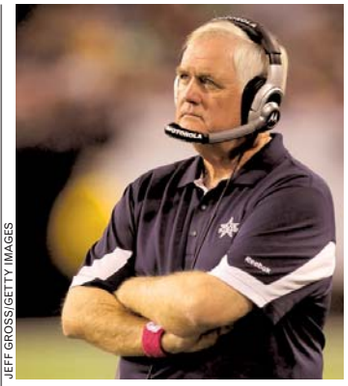
Carl Johnson, the NFL's vice president of officiating, told the Cowboys on Monday that even though Austin was named guilty of unsportsmanlike conduct, the penalty actually was against Sam Hurd for mimicking Williams' "Hook 'em Horns" hand gesture.

Truth is, any Dallas player celebrating during this quickly dissolving season is doing something wrong.

Penalties and turnovers once again conspired to wipe out an otherwise victory-worthy performance on Sunday, this time against the Minnesota Vikings.

The head-slapping part about the celebration penalty was that the Cowboys had one in the fourth quarter of the previous game which directly contributed to that loss.

This defeat dropped them to 1-4 and was followed by what's becoming their typical Monday routine: guys talking about needing to fix their mistakes, Phillips pointing out all the things they're doing right and everyone vowing to turn things around.



JEFF GROSS/GETTY IMAGES

Coach Wade Phillips has been unable to lead Dallas to strong fourth quarters.

The only thing missing was the disclaimer there's still plenty of time left. Even ever-optimistic owner Jerry Jones realizes how long the comeback trail is getting.

"We're running out of the opportunity to make this season what we want it to be," said Jones, whose stadium will host the Super Bowl. "Everybody is aware of that."

The Cowboys have outgained their opponent every game, and their losses have been by six, seven, seven and three points.

The team still has a roster considered among the most talented in the NFL. It's just that when plays need to be made, the Cowboys either don't, or they make mistakes.

"If we stop beating ourselves," defensive end Marcus Spears said, "we're 5-0." **JAIME ARON (AP)**

TV Lineup

CAPITALS (7:30 P.M., VERSUS) The Caps look to make it five-straight wins when beginning a home-and-home series against the Boston Bruins.

BASEBALL (4 P.M., FOX; 8 P.M., TBS) The NLCS moves to San Francisco for Game 3 between the Giants and Phillies; followed by Game 4 of the ALCS featuring the Yankees and Rangers.

SOCCER (2:30 P.M., FSN) Arsenal hosts Shakhtar Donetsk in the Champions League.

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Issue 2

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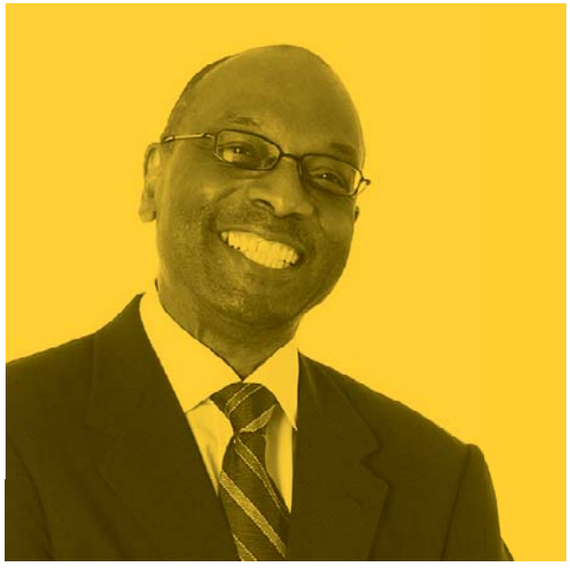

THE COMPASSION OF INDIVIDUALS POWER OF COMMUNITY

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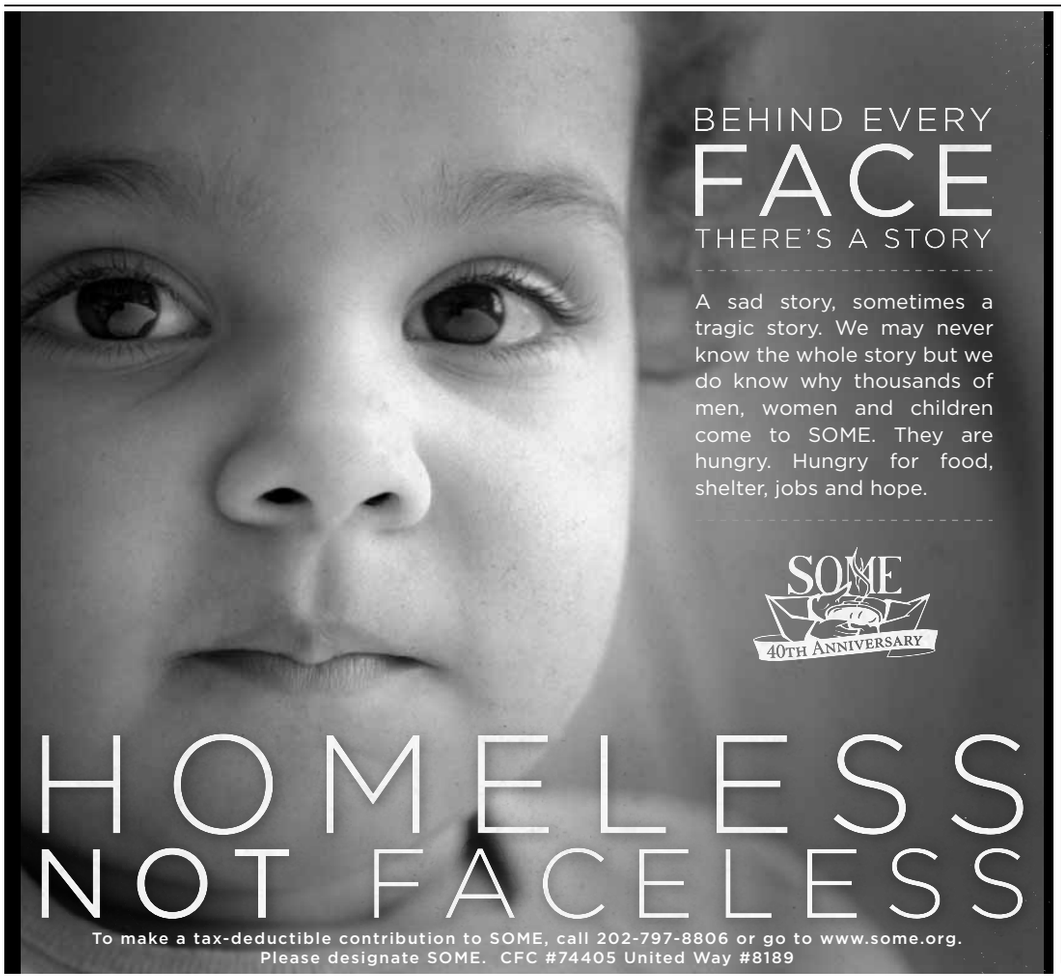

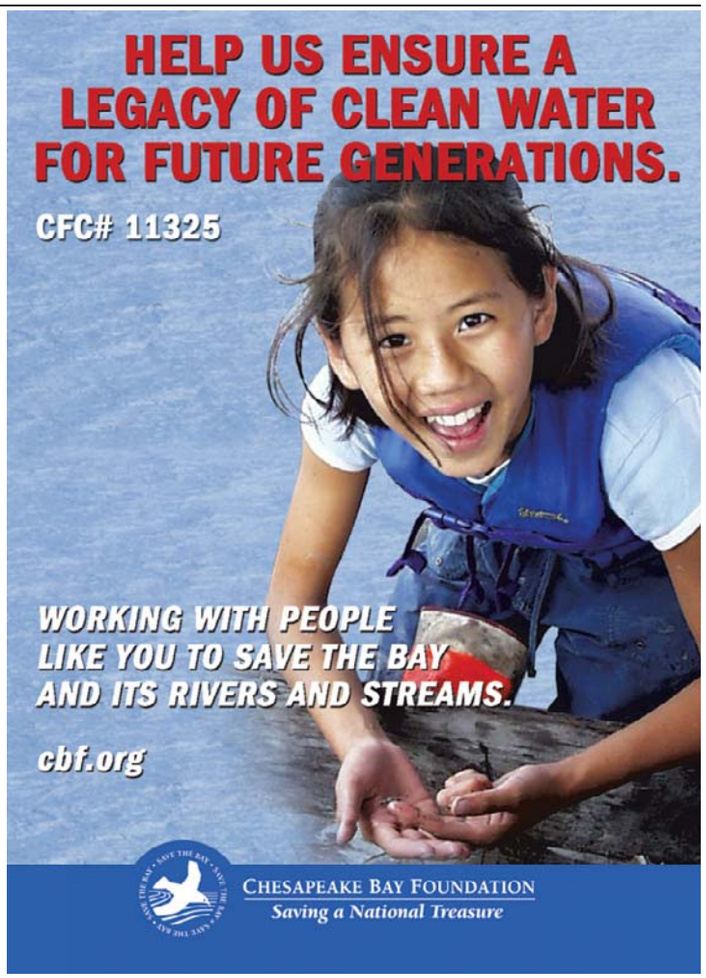

CFCNCA Kicks Off With the 2010 Leadership Conference

The Combined Federal Campaign of the National Capital Area (CFCNCA) officially kicked off on September 8 with a Leadership Conference for more than 600 Federal government employees at the Marriott Renaissance Hotel in Washington, D.C.

Campaign leaders announced the 2010 goal of $67 million to help people and communities in need.

Representatives from a broad spectrum of Federal government agencies and participating charities spoke at the Leadership Conference sharing stories of inspiration made possible by the CFCNCA. Additionally, campaign volunteers engaged in training sessions to learn how to run a successful campaign at their own departments and agencies.

Lindi Harvey, CFCNCA Executive Director, recognized Federal employee special guests Diane Bernier and Moxie (dog), Toni Cook, Tom Gabriel, Air Force Colonel Laura Hickman, Thomas Williams, Meg Krause, Angela Kuhn, Army Chief Master Sgt. LaVerne Moore-Jenkins, Bruce and Ellen Ramsay, Stan Stewart, Adria Tippins and Leona Wang

"Through the CFCNCA, each of us has the power to make a difference and give to the people and causes that need our help. Every donation, no matter the amount, makes a difference."

— Linda Washington, *in her keynote speech at the Leadership Conference.*

About this section: This special supplement was prepared for the Advertising Department of *The Washington Post* by local freelance journalist **Marcy Gessel.** Editorial content was provided by the Combined Federal Campaign of the National Capital Area. The production of this supplement did not involve *The Washington Post* news or editorial staff. Section designer Willie Joyner.

For more information, please contact **Marc H. Rosenberg,** Senior Advertising Manager, at 202-334-7634 or **Kathryn Whitener,** Account Manager, Charity Organizations at 202-334-6171.

The official website for the CFCNCA is www.CFCNCA.org.

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THE COMPASSION OF INDIVIDUALS POWER OF COMMUNITY

The Department of Defense Launches 2010 Campaign

With more than 20 services, components and agencies represented, the Department of Defense (DoD) kicked off its 2010 campaign on September 20. In 2009, the DoD raised $17.3 million, well over their 2009 goal, due to the remarkable spirit of public service of its uniformed and civilian personnel.

The Honorable William J. Lynn, Deputy Secretary of Defense, launched the kickoff by announcing the $14.2 million goal and asking DoD personnel to go above and beyond again this year.

"Your leadership helped this department exceed its contribution goals year after year," Deputy Secretary Lynn said. "I've returned today to ask all of you to do it again—not only to reach a new and higher target, but also to continue expanding the number of employees who choose to participate."

Brigadier General Mark Brown, DoD military representative of the Local Federal Coordinating Committee of the National Capital Area, also spoke at the kickoff encouraging DoD employees to approach the CFCNCA as part of their mission. "Your gifts will serve the needy, comfort the ill, search for cures, protect the environment and reach out to help in countless other ways," he said.

Lindi Harvey, Executive Director of the CFCNCA, commented, "Each year, the Department of Defense goes above and beyond the call of duty raising millions of dollars to help people and communities in need. This demonstration of commitment and dedication is truly remarkable."

Globally, DoD employees voluntarily donate approximately $110 million throughout the 210 geographically based Combined Federal Campaigns each year.

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THE POWER OF COMPASSION OF INDIVIDUALS OF COMMUNITY

"Sometimes, our battlefield… is not the sands of Iraq or the mountains of Afghanistan. Sometimes, that battlefield is the unemployment line, the food line and the rehab room. We cannot accept defeat in these causes any more than we can accept defeat on the battlefield."

—Brigadier General Mark Brown

Brig. General Mark Brown and Michael L. Rhodes, Office of the Secretary of Defense, Director of Administration and Management, join the team of Department of Defense Loaned Executives and campaign staff for the 2010 CFCNCA Kickoff Event at the Pentagon last month.

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COMPASSION OF INDIVIDUALS THE POWER OF COMMUNITY

Interior Kickoff Gets Four Thumbs Up

The Department of the Interior kicked off its campaign season with a preview of this year's "DOI's Got Talent" show. The event received rave reviews last year and is being held again in December. The audience at the September 28 kickoff got to see a teaser for this year's event, complete with celebrity judges who represented various DOI departments and rated the talent on a scale of one to four thumbs, collectively.

Speakers from two charities presented updates on their organization's work, and Ray Rivera, CFCNCA Vice Chair for DOI, emphasized the importance of e-Giving to streamline campaign giving.

Pictured are talent show judges Bruce Sheaffer, National Park Service; Celia Boddington, Bureau of Land Management; Lindsay Dubin, Bureau of Ocean Energy Management, Regulation & Enforcement and Camilla Ihenetu, Office of the Deputy Secretary.

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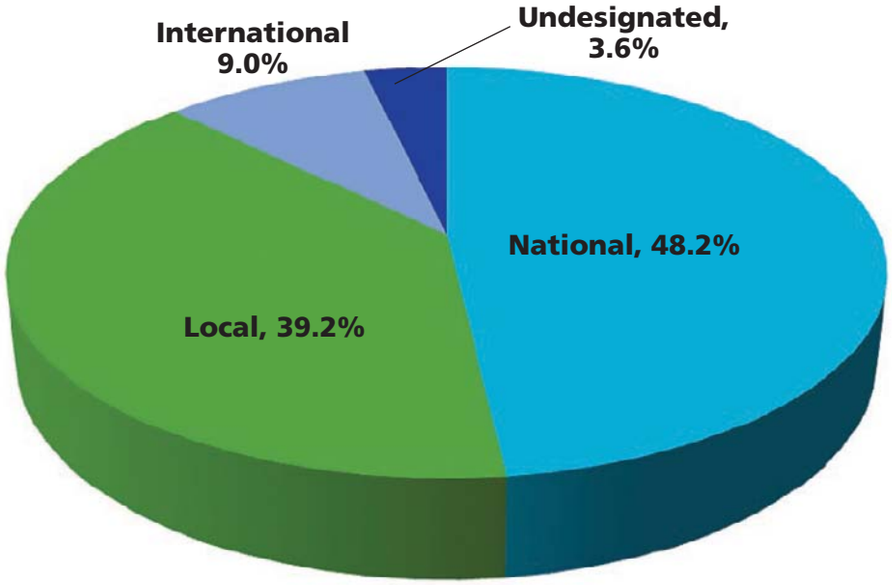
The Combined Federal Campaign (CFC) promotes charitable giving through payroll deduction among federal employees. When your agency approaches you about contributing to approved organizations, please consider the Association of Black Cardiologists, Inc. (ABC).

Founded in 1974, ABC's mission is to champion the elimination of cardiovascular disparities through education, research, advocacy and support. ABC 2020: Saving the Hearts of a Diverse America is our newest campaign designed to reduce cardiovascular mortality by 20% by the year 2020. Every commitment increases our power to save lives and make a difference.

Join our diverse membership by visiting www.abcardio.org.

Where Your CFCNCA Dollars Go

2009 CFCNCA CHARITY DESIGNATIONS



In 2009, the CFCNCA community raised $66.5 million to help people and communities in need.

$32	**million**	National charities and federations
$26.1	**million**	Local charities and federations
$6	**million**	International charities and federations
$2.4	**million**	Undesignated funds shared proportionally among all charities and federations that received designations

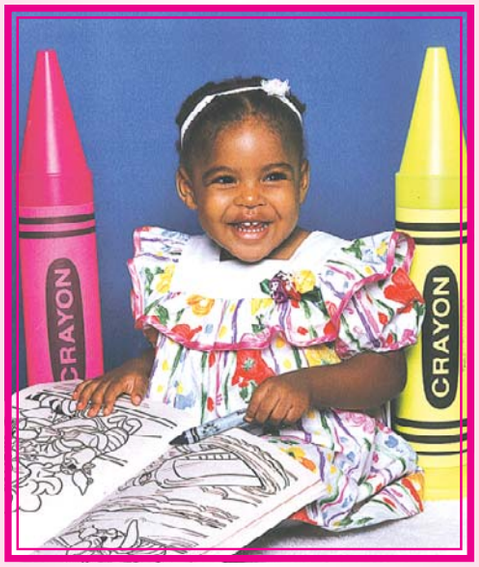
CFCNCA administrative costs are at 7.5 percent, well below the guidelines established by the Better Business Bureau of 35 percent.

2010 Goal: $67 million

Armstead-Barnhill Foundation For Sickle Cell Anemia

CFC # 21800

United Way # 8249



Together, we ~~can~~ Will find a cure

Hotline#: 301-858-9020

Your donation supports sickle cell research treatment facilities and public awareness campaigns

Email: findcure@aol.com Website: www:curesicklecell.com

Project On Government Oversight

Provoke Accountability

POGO.ORG

CFC# 10785

THE POWER OF COMMUNITY

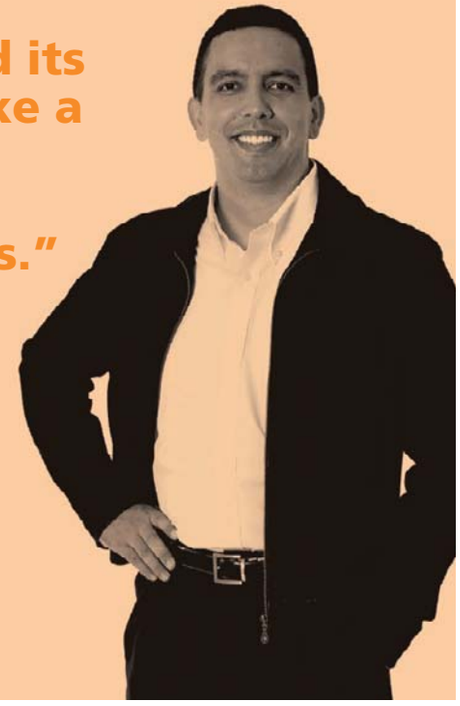
COMPASSION OF INDIVIDUALS

I CARE CFC

I care because...

"CFCNCA and its charities make a world of difference in peoples' lives."

— Rey Picón-Colón



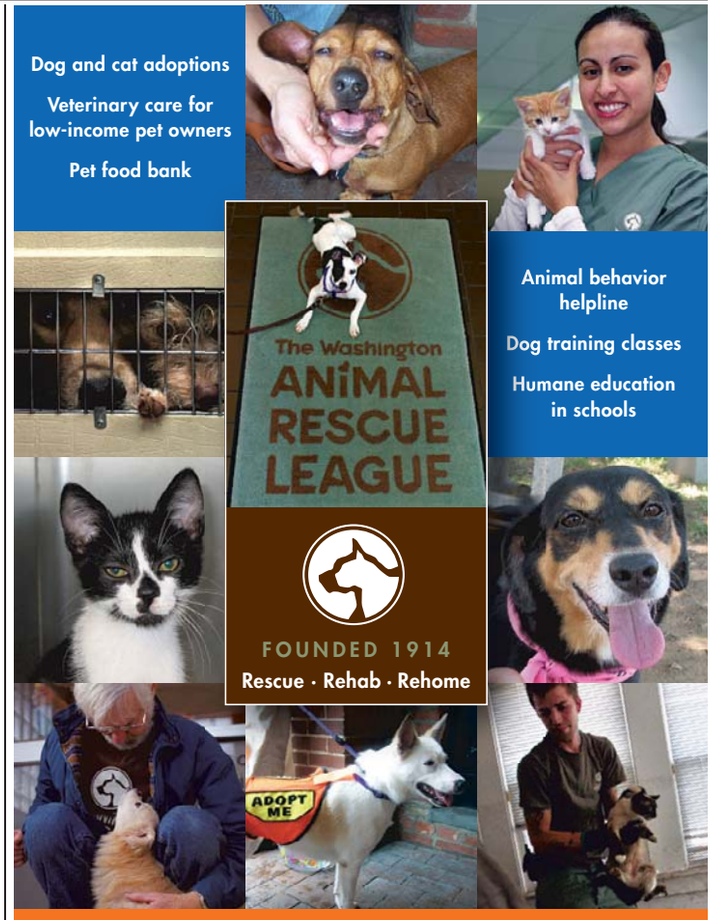
United Way #8054 Combined Federal Campaign #83997

With your support, Catholic Charities of the Archdiocese of Washington's doors are open to meet families during a crisis—be it in securing housing, avoiding foreclosure or putting food on the table. We have 80 programs working locally to address our community's most pressing human needs—one family at a time.

Please support our mission through your workplace giving campaign.

Catholic Charities
Archdiocese of Washington

(202) 772-4394
924 G Street, NW
Washington, DC 20001
www.CatholicCharitiesDC.org



CFC #86254 · WARL.ORG · UNITED WAY #8879

I care because...

"The people who receive assistance are just like you and me, traveling through life and trying to survive."

— Army Chief Master Sgt. LaVerne Moore-Jenkins

I care because...

"I really admire the work CFCNCA-supported charities are doing with local children. Perhaps, someday, these kids will work at one or more of the Federal agencies."

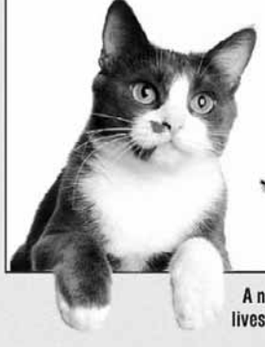
— Irene Liu

A special message to **employees** of the **State** and **Federal Government**

The only government funding we receive is from you . . .

Please remember **Rude Ranch Animal Rescue** when choosing a charity to support at work:

CFC #45379 MCC #4650



Rude Ranch
ANIMAL RESCUE
www.ruderanch.org
410-798-9559

A non-profit organization dedicated to saving the lives of abandoned, neglected and abused animals.

CFC #10511

RETURN THE FAVOR

Not for profit. Not for anyone but vets, their needs, their families. We all depend on them. They depend on each other.
And you. Thanks!

Donate at vfwfoundation.org

VFW FOUNDATION

We need them. They need you.

Loaned Executives Help Spread Message about CFCNCA

Forty executives are taking leave from their Federal jobs to help volunteer campaign workers during the campaign season. These Loaned Executives (LEs) work full time with the CFCNCA staff for about six months to support campaigns outside their home agencies.

In campaign volunteer training sessions, LEs emphasize the importance of face-to-face contact with potential donors, said Adria Tippins, a Coast Guard attorney who served as an LE responsible for the Department of Homeland Security (DHS) in 2009. Those face-to-face conversations can help volunteers guide donors to charities they feel passionate about and it helps as a verbal reminder which can speak volumes in a world of digital communication.

Brent Fortson, Deputy Director of print and graphics for the Department of the Treasury, is serving as a 2010 LE. In the past, he spoke at his department's Disability Week about the time he was temporarily disabled with an injured vertebrae just after he left the Army 15 years ago. He also has served as his department's representative with a CFCNCA-supported program that gives disabled veterans temporary jobs in Federal agencies.

Now as an LE, Fortson is responsible for more than 30 boards, commissions and offices this campaign season, each having a different culture. So far he has worked on tasks such as encouraging and providing moral support for volunteers, helping to develop ways to increase participation in certain agencies and representing the CFCNCA with public speaking at campaign events.

Tippins' experience as an LE has broadened her network, as she has maintained contact both with volunteers at DHS and her fellow LEs and CFCNCA staff. She said she also learned about many charities she had never known before.

"There's a charity for practically anything," she said. "That's neat to see, because everybody needs help in some form."

Forty Federal employees are serving as Loaned Executives (LEs) to CFCNCA to help during the 2010 campaign.

"We are Counting on You"
Protecting and defending homeless, abused and abandoned animals in Washington, DC since 1870
202-BE-HUMANE • 202-723-5730 • www.washhumane.org
WASHINGTON HUMANE SOCIETY
Our CFC #58899, our United Way #8222

YOUR GIFT HELPS SAVE THE DAY. EVERY DAY.
Keep military members and their families connected during emergencies. Bring relief to disaster victims at home and abroad. Improve basic health for the world's most vulnerable people.
Hope. It's the gift you give to the American Red Cross.
American Red Cross
National Capital Region
Designate CFC #96686
redcrossnca.org

Loaned Executives Offer Guidance, Enthusiasm to CFCNCA

The following are this year's Loaned Executives to the CFCNCA and their home agencies:

Julie P. Agarwal, Department of Transportation

Kurt Arneson, Department of Homeland Security

Christopher Choate, Department of Defense - Washington Headquarters Services

Wendi Cook, Defense Intelligence Agency

Tuan Dang, U.S. Army

Larry Eig, Library of Congress

Maryla Engelking, Office of the Secretary of Defense

Dion Ethell, Department of Homeland Security

Elizabeth Felling, U.S. Army

Brent Fortson, Department of the Treasury

Bill Francesco, Department of Justice/Federal Bureau of Prisons

Israel Gotay, Department of Labor/Occupational Safety & Health Administration

Don Green, Department of Housing & Urban Development

Russell Harris, Department of Labor

Rickey Jasper, Central Intelligence Agency

Diana Johnson, Department of Homeland Security

Mike Kelly, The Joint Staff

Pamela J. King, U.S. Navy/Marine Corps

Elizabeth Knack, Department of the Treasury

Joseph Lipari, U.S. Air Force

Phillip Lynah, Department of Health & Human Services

Naomi Manadier, National Aeronautics & Space Administration

Wendell Mansel, Department of Energy

LaVerne Moore-Jenkins, Defense Threat Reduction Agency

Cathy Oliver, Department of Labor/Occupational Safety & Health Administration

Kim Parker, Department of Energy

Stephanie Pettway, Defense Contract Management Agency

Jamie Richardson, Defense Logistics Agency

Blanca Rosa Rodriguez, Department of Education

Eric Rosenberg, Department of Commerce

Anita Sanders, Department of Commerce

Ella Shivers, Veterans Administration

Gerald Smith Jr., National Geospatial-Intelligence Agency

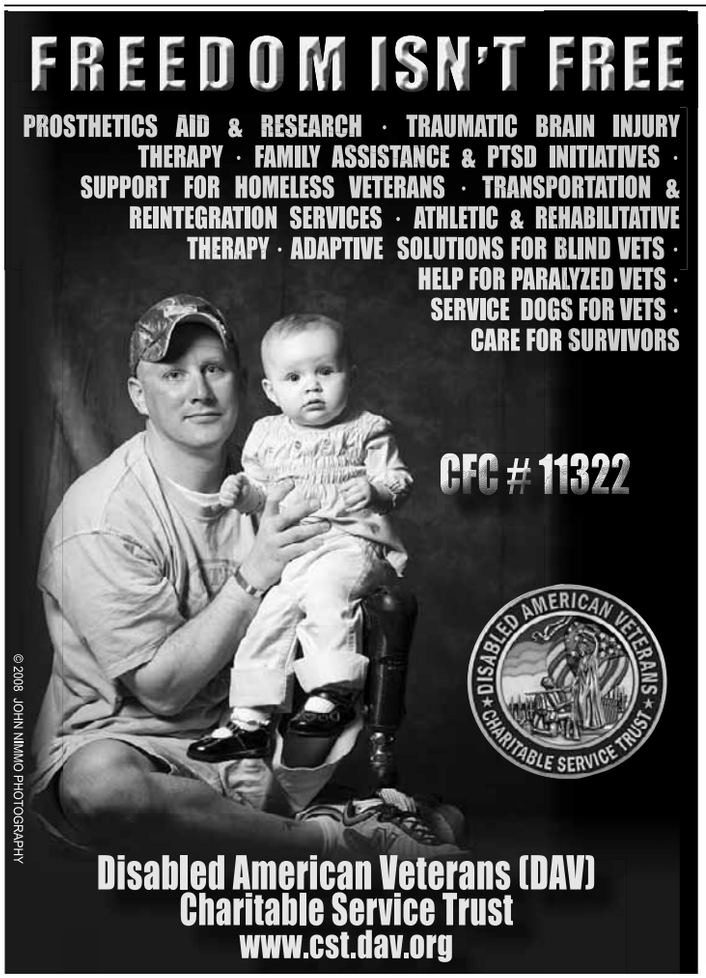
Dr. TréSina Steger, Commander Navy Installations Command Under Commander Vice Admiral Michael Vitale

Michael Taylor, Department of Homeland Security

Leigh Trocine, U.S. Nuclear Regulatory Commission

Michael Watts, U.S. Department of Agriculture

Nicole Williams, Department of Justice



How long will it take for a cure?

canswer.

Thanks in part to the generous support that federal employees and other City of Hope supporters have given over the years, City of Hope is on a fast track to find new treatments for cancer, diabetes and other life-threatening diseases. At any given time, we're conducting hundreds of clinical trials. And what we learn in the lab, we're working to bring to our patients — quickly, safely and effectively. In fact, millions of people with diabetes benefit from synthetic human insulin developed through research conducted at City of Hope. Our research has also led to four of the leading cancer drugs that are saving lives worldwide. To find out how you can help, visit www.cityofhope.org/employeegiving or call 800-544-3541.

Please choose CFC Code #11720 today

City of Hope™

Science saving lives.
www.cityofhope.org/employeegiving

THE POWER OF COMPASSION OF INDIVIDUALS OF COMMUNITY

Who's Who in the Campaign

It takes a team of volunteers coming together to raise money through the CFCNCA. The following list identifies the various volunteer roles involved with the campaign:

Local Federal Coordinating Committee (LFCC): Federal leader volunteers who provide regulatory oversight of the campaign

Campaign Chair: Head of the department or agency that supports the campaign by participating in special events, approving campaign goals and providing the resources necessary to run an effective campaign

Campaign Vice Chair: Senior staff member appointed by the Campaign Chair to help make decisions, secure the support of the entire senior management team and participate in campaign events

Loaned Executive (LE): Federal employee volunteer who works full time with the CFCNCA staff for approximately six months to support campaigns in his/her assigned accounts

Campaign Manager: Federal employee volunteer responsible for coordinating and leading the campaign committee and informing senior management of progress

Campaign Coordinator: Federal employee volunteer responsible for recruiting Keyworkers and ordering and distributing campaign supplies

Keyworker: Federal employee volunteer responsible for making "the ask" and ensuring 100 percent opportunity to give with assigned co-workers

Helping You Help Others.

www.charities.org • 800-458-9505

America's Charities - CFC#10224
Health1st - CFC#10963
Children1st - CFC#10287
Community1st - CFC#57456

Dedicated Marine Overcomes Physical Injuries

In 2007 Marine Cpl. Matthew Bradford was injured in Iraq and lost both of his legs and his vision. With courage, perseverance and the help of a CFCNCA-sponsored charity, the 23-year-old Bradford has resumed his Marine Corps career.

Once Bradford returned to the United States from Iraq, the CFCNCA-supported charity helped him to get his life back in order. The organization stepped in at the time of Bradford's greatest need providing financial assistance for his immediate needs, helping him to participate in hope and morale trips and offering support that helped him to complete several road races on a hand cycle. The charity also helped take care of his mother, who moved to be with her son during his multiple surgeries.

"These are great people. They keep in touch with me and they are always just a phone call away," Bradford said about the CFCNCA-supported charity that helped him recover.

Despite his injuries, Bradford's fighting spirit and determination remain strong. In 2009, he competed in the Marine Corps Marathon on a hand cycle. He also made history on April 7, 2010, when he became the first blind double amputee to re-enlist in the Marine Corps. The ceremony held at Brooke Army Medical Center in San Antonio, Texas, also marked the end of Bradford's treatment. During the ceremony, Bradford was able to take the oath of enlistment standing on his two prosthetic legs. His story has made national news, including an appearance on the "Celebrity Apprentice" TV show.

Bradford's goals for his future are to stay in the military as long as the Marine Corps needs him and to deploy as often as necessary. Currently, Bradford is adjusting to a new job with the Wounded Warrior Battalion East at Camp Lejeune, N.C., offering assistance and hope to injured Marines. Although he was sorry to leave his friends in San Antonio, Bradford looked forward to his new job. "I'm excited to get going and get started in my new job helping and mentoring young injured Marines," he said.

With support from a CFCNCA-supported charity, Marine Cpl. Matthew Bradford became the first blind double-amputee to re-enlist in the Marines.

BUILD THE DREAM: Countdown to Completion

DON'T WAIT . . .

This is your **LAST CHANCE** to donate through the CFC.
Dedication scheduled for August 2011.

PLEASE DONATE TODAY:

CFC #39468

TEXT MLK to 20222

www.mlkmemorial.org

BUILD THE DREAM

Washington, DC Martin Luther King, Jr.
National Memorial Project Foundation, Inc.

PHILLIPS
Programs for Children and Families

Winner of 2010 Washington Post Award for Excellence in Nonprofit Management

For over forty years, PHILLIPS has provided services for children left behind in traditional settings providing the support and education they need to become successful, responsible adults.

PHILLIPS Programs provides:

- Special Education day schools
- Home based family support services
- Therapeutic Foster Care

www.phillipsprograms.org

CFC # 88054

Make a measurable impact with a gift to the missions of HSCA and CSC charities.

HUMANITY

Human Service Charities of America

People helping people

Human Service Charities of America and its members exist to improve the quality of life and provide a voice for the disenfranchised and disadvantaged. Your donation helps build strong foundations within communities by providing vital services like medical care, hunger relief, shelter, education, and advocacy. As a donor, you can trust that HSCA and its charities are clear in their purpose and true to their mission.

CFC #10170

Human Service Charities of America

(800) 626-2729

www.hsca.org

FAITH

Christian Service Charities

Following the Great Commission

Christian Service Charities represents leading ministries who are transforming the world by following the Great Commission.

I know your deeds, your love and faith, your service and perseverance, and that you are now doing more than you did at first.
Revelation 2:19

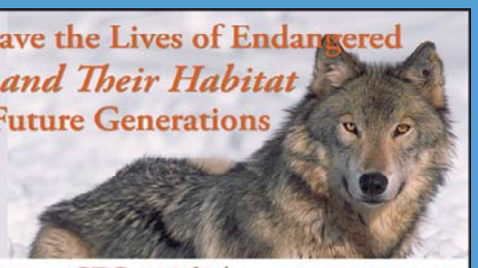
CFC #10171

Christian Service Charities

(888) 728-2762

www.christianservicecharities.org

You Can Save the Lives of Endangered Wildlife and Their Habitat for Future Generations



Defenders of Wildlife
Save Something Wild CFC #10624 www.defenders.org

50TH ANNIVERSARY
AFRICAN WILDLIFE FOUNDATION®

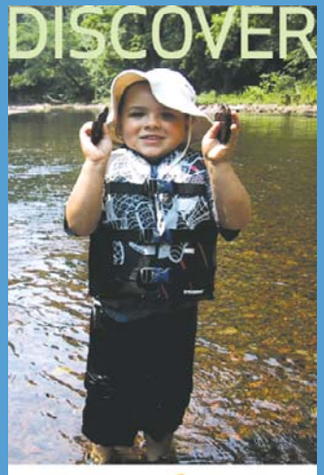
CFC# 11219
www.awf.org
Ensuring Africa's wildlife and wildlands endure forever.

CFC #12069
National Parks Conservation Association
Protecting Our National
www.npca.org

Making A Difference For All Living Things

the Jane Goodall Institute
www.janegoodall.org
CFC# 11103

DISCOVER



www.neefusa.org
CFC #11792
National Environmental Education Foundation
Knowledge to live by

Ocean Conservancy
Start a Sea Change

CFC #11436
www.oceanconservancy.org

EarthShare®
CFC #10252
UWNCA # 0900
One environment.
One simple way to care for it.®

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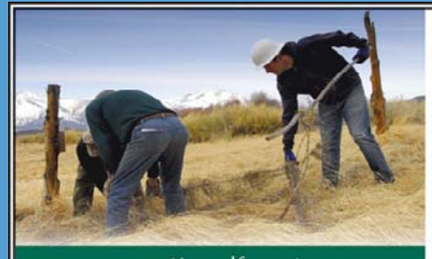
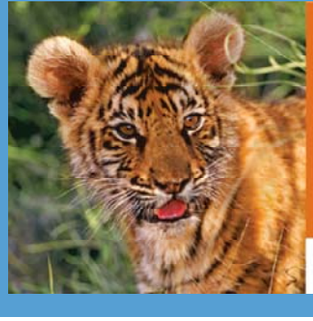
Learn more a



Working together for the future of America's National Forests
National Forest Foundation
www.nationalforests.org
#12053



CFC #12072
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WWF
worldwildlife.org

EarthShare is...

African Wildlife Foundation	11219
Alaska Conservation Foundation	12062
Amazon Conservation Team	10410
American Farmland Trust	10631
American Forests	10632
American Rivers	12063
American Solar Energy Society	10414
Arbor Day Foundation	11443
Bat Conservation International	12064
Beyond Pesticides	11429
Center for a New American Dream	12231
Center for Health, Environment and Justice	10633
Clean Water Fund	10636
The Conservation Fund	10630
Conservation International	11430
Defenders of Wildlife	10624
Earth Day Network	10625
Earth Island Institute	12065
Earthjustice	11090
EcoLogic Development Fund	11432
Environmental and Energy Study Institute	10627
Environmental Defense Fund	10628

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Green America (Co-op Am
Green Corps, Inc.
Izaak Walton League of A
The Jane Goodall Institute
Keep America Beautiful
Land Trust Alliance
League of Conservation V
National Audubon Society
National Environmental Ec
National Fish and Wildlife
National Forest Foundatio
National Parks Conservati
National Wildlife Federatio
Natural Resources Defens
The Nature Conservancy
Ocean Conservancy

A better environment...it's all in a day'

Bond between Horse and Autistic Young Man Proves Therapeutic

Cyrus Bahadori has autism and is severely disabled. During the winter he was 18, he was living in a group house and his negative behaviors began to escalate Doctors suggested therapeutic horseback riding or Equine Assisted Activity. This type of treatment improves sensory processing, communication and social interactions among those with autism. Unfortunately Bahadori had trouble finding a local stable of farm that he would be able to ride. Doctors and therapists tried other activities, revised his behavior plan and changed his medications, but Bahadori still needed something else. Then his mother learned of a CFCNCA-supported charity that brought together rescued horses and hurting people to help heal each other. She contacted the organization and learned it had more than one horse that Bahadori could ride.

That spring he began riding. The family had finally found an activity that Bahadori loved and a place that embraced him as a new rider and an individual. Bahadori soon was very comfortable mounting, dismounting and riding his horse. Additionally, the instructor, staff and volunteers all bonded with Bahadori just as his horse did.

Despite some major changes in his life, the negative behaviors at the farm and elsewhere decreased as his enjoyment of horses increased.

"This wonderful organization welcomes the opportunity to make a real difference for those that come to their farm, both man and beast," says Bahadori's mother. "It is a true asset to the community, and it was a blessing to Bahadori when I found the farm. It is our hope that he will continue riding horses far into the future."

Horse riding helped Cyrus Bahadori, who is autistic, in ways no other therapy was able to.

Charities Help Children To Do More

Steven Sabo, a U.S. Air Force Management Analyst, has a special place in his heart for the CFCNCA because of the impact various CFCNCA-supported organizations have had on his family. Because two of his four children have major disabilities, Sabo is very familiar with the research, support and opportunities for fun charities can provide. Although it has been a challenging journey at times, Sabo and his family are grateful they have not had to go it alone.

Sabo's 23-year-old son, Nick, was born prematurely and has cerebral palsy, which causes him to be in a wheelchair and to have difficulty with speech. Nick's sister, Katie, has Rett Syndrome, a neurological disorder that affects mostly girls and also restricts her to a wheelchair. Various national organizations have assisted the Sabo family throughout the years with Nick, Katie and the whole family.

One CFCNCA-supported organization provided information for the Sabo family about Katie's disorder, and the group's research resulted in helping to discover the gene that causes Rett Syndrome. Another CFCNCA-organization provides a summer camp for children with disabilities and their families where each child is paired up with an adult for the week so that the parents can relax together without being far from their children. Sabo says his children love going to camp every year, and he and his wife look forward to it as well.

Photos by Marci L Weidler

The Sabo family at a CFCNCA-supported charity camp during the summer.

Having two children with major disabilities has not been easy, but Sabo says a crucial part of parenting both children has been the CFCNCA-supported organizations that have stepped up along the way. Sabo uses the *Catalog of Caring,* not only to find charities to give to, but also as a resource to find organizations he might not have known about. He has referred friends to the catalog so that they can find organizations that might help them in their times of need.

CFCNCA-supported organizations have helped Sabo's children go farther than he thought possible. "We couldn't do this on our own. If it wasn't for people giving, we wouldn't be able to do all we've done for our children," Sabo said.

Imagine being scared to hug your child, for fear of breaking a bone.

Unbreakable Spirit

In spite of broken bones, the spirit is unbroken.
Help us provide answers to families and fund research into treatments and a cure.

Osteogenesis Imperfecta Foundation

OSTEOGENESIS IMPERFECTA OI FOUNDATION

CFC #11334
United Way #9452
www.oif.org

"Defend the cause of the fatherless … the poor and oppressed." ~ Psalm 82:3

OPERATION BLESSING INTERNATIONAL

Who will you **defend?**

www.OperationBlessing.org • 800-730-2537 • CFC # 10530

Orphan Care | Clean Water | Disaster Relief | Medical Aid | Hunger Relief

Survivor Speaks Out for CFCNCA

Despite holding a job at the Department of the Treasury since 1991, Mark Goodrich has lived a difficult life. He has faced tough times, including extraordinary financial difficulties.

Goodrich has spent days with nothing to eat and on a few occasions was without shelter. More often than not, when he sought a place to sleep at a local homeless shelter, he found that there was not enough room.

During a difficult time in 2006, Goodrich found space at a shelter located in Loudoun County. The shelter was supported by a charitable organization that, at that time, was the sole provider of a shelter for men in that region. Unfortunately, due to worsening financial conditions, the shelter was forced to close and Goodrich and many other men were forced to look for other places to sleep.

Goodrich's life has improved since that time but he will never forget the support he received in the past when he needed help the most.

"When I look at myself in my mirror, I realize that I am a survivor. My heart is still beating and I have a fire in my stomach to keep charging forward and help as many people as I can so they do not have to experience what I did," Goodrich said.

Goodrich's experiences have made him a vocal supporter of the CFCNCA. He does not want other men, women or children to be put out because a shelter fails through lack of funding. "I implore others to contribute what they can financially to a charity," he said. "Please get out and lend a helping hand. You will change someone's life for the better."

After spending time being homeless, Goodrich sought refuge at a CFCNCA-supported shelter that helped him get back on his feet. Goodrich spent time on the bench below when he was without shelter.

In the next 24 hours, 4,385 new cases of diabetes will be diagnosed.

That's more than 3 friends, neighbors, co-workers or family members every minute of every day.

CFC # 77685

STOP DIABETES.

American Diabetes Association.

stopdiabetes.com • 1-800-DIABETES

DC Metro Office 202-331-8303

Save This Cat

You can help change the way our nation cares for cats.

CFC#10964

Alley Cat Allies

WWW.ALLEYCAT.ORG

Young Mother Gets a Second Chance after Haiti Earthquake

The devastating earthquake that shook Haiti in January cost 29-year-old Mitha more than her home. The young mother lost both of her legs to injuries she sustained when a wall collapsed on top of her.

A CFCNCA-supported organization teamed with a prosthetics manufacturer and a Haitian hospital to offer the first amputee program in Haiti. A volunteer with the organization who had previously helped Mitha after her amputations knew she would be an excellent candidate for the new program.

"Mitha was always so pleasant and upbeat, and her magnetic smile rarely left her face," said Claude Hillel, a New York physical therapist who had volunteered his services in the weeks following the earthquake. "That is what attracted me to her in the first place, and it was a testament to the amazing resiliency and robustness of the Haitian people, and especially of Mitha. I figured if we could give her prosthetics for her lost legs and show her how to use them, she could get back to living her life."

The volunteer borrowed a car and made the three-hour drive to where Mitha was staying to take her to the hospital to be fitted for prosthetics. During Mitha's rehab, her prosthetics began short and were built up as she progressed until she reached her regular height.

During Mitha's rehab she worked on different types of surfaces to prepare her for the unforgiving and bumpy terrain of her homeland. By the end of a seven-week period of intensive therapy, Mitha and Hillel went shopping and she was able to carry things on her own, even while walking. She could even get up from the floor on her own without assistance, a huge accomplishment for someone with prosthetics on both legs.

"The speed of her rehab and the progress she made in such a short time is astounding," Hillel marveled.

Mitha has since moved into a new home with her four children, who returned to school. She continues to receive therapy once a week, thanks to the CFCNCA-supported orgainzation that first chose her as a prosthetics candidate, and is steadily progressing at a rapid pace.

Photo by Allison Shelley

Injuries sustained in the Haitian earthquake in January cost Mitha her legs, but with the help of a CFCNCA-supported organization, she has learned to walk again, with prosthetic legs.

Since 1982, Manna has been serving low and moderate-income families, by developing over 1,000 units of affordable homeownership housing and providing financial literacy and homeownership training. In 2003 Manna created Manna Mortgage, the District's only non-profit mortgage company providing safe, secure loans for lower-income buyers, and responsible refinance loans.

Please support Manna, Inc. through the CFC (#80363)

For more info on Manna and our programs please visit **www.mannadc.org**

Manna, Inc. 828 Evarts Street, NE Washington, DC 20018 202-832-1845

THIS YEAR. MORE THAN EVER.

USO

CFC #11381

www.uso.org

How the CFCNCA Says Thank You

The CFCNCA gratefully acknowledges all contributors to the campaign. Donors, volunteers and departments/agencies who have made extraordinary contributions are acknowledged further with specific recognition and awards. The following list describes the available CFCNCA recognition and awards and their criteria.

Department/Agency recognition

President's Award
75 percent employee participation or $275 per capita gift

Chairman's Award
67 percent employee participation or $225 per capita gift

Honor Award
60 percent employee participation or $175 per capita gift

Merit Award
50 percent employee participation or $125 per capita gift

Million Dollar Circle Award
CFCNCA reporting units or independent agencies that generate more than $1 million in donations

Summit Award
CFCNCA reporting units or independent agencies that achieve a three percent increase in giving over the previous year's campaign

Participation Achievement Award
CFCNCA reporting units or independent agencies that achieve a two percent increase in participation over the previous year's campaign

e-Giving Award
CFCNCA reporting units or independent agencies that increase donation via e-Giving (more details to be announced)

Volunteer recognition

Most Valuable Fundraiser for CFCNCA Vice Chairs, Campaign Managers, Campaign Coordinators and other members of the CFCNCA team

Special Service for volunteers who have provided outstanding service to the campaign

Appreciation Certificates for each Keyworker

Outstanding Payroll Deduction Giving for attaining an exemplary level of support for the CFCNCA with 75 percent or more of contributors making payroll deduction gifts

100 Percent of Goal for any reporting unit meeting or exceeding its campaign goal

Donor recognition

Eagle Award Pins for donors who give 1 percent of their salary as Eagle givers and 2 percent as Double Eagle givers. People giving at these levels receive a lapel pin.

The Double Eagle Award pin.

The Children's Defense Fund Leave No Child Behind® mission is to ensure every child a *Healthy Start*, a *Head Start*, a *Fair Start*, a *Safe Start* and a *Moral Start* in life and successful passage to adulthood with the help of caring families and communities.

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CFC# 11812

Children's Defense Fund
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CFC# 11404

Longtime Volunteer Shares Secrets to Campaign Success

"Being involved with the CFCNCA is the crown jewel of my entire career," says Edward Gingold, who has supported the CFCNCA throughout his career as a staff attorney at the Federal Energy Regulatory Commission (FERC). He has been a Keyworker in his own branch for the past 16 years and is beginning his 7th year as Campaign Manager for his agency.

In his first year as a Campaign Manager for the CFCNCA, Gingold helped raise a total of $367,754, surpassing the campaign goal of $275,000. The agency had a 79.8 percent rate of participation and paid only $19 in expenses, for a canister of helium to inflate balloons and bottled water for the choirboys who sang at the campaign kickoff event.

Every week Gingold holds events throughout his agency's annual six-week campaign. Each event highlights one or more worthy causes selected from the *Catalog of Caring.* In 2009, he invited 19 various charities to present at the weekly events.

Gingold's use of internal communications and publicity are crucial to his success. Before the campaign starts, he writes an article for the *FERC* Insider announcing the campaign. Then, during the campaign, he provides photos of the weekly events to be featured in the agency's monthly bulletin.

"The most important article I write for the publication is the 'thank you' article that I write at the end of each campaign," said Gingold.

Photo by Krista Sakallaris/FERC.

This is Edward Gingold's 7th year as the Federal Energy Regulatory Commission's Campaign Manager for CFCNCA.

To improve attendance at the weekly events, Gingold offers door prizes, which have included donated lunches, T-shirts and souvenir water bottles. Prize winners also receive a photo of themselves with the Chairman of the FERC or another high-ranking agency leader.

Last year's donation of $425,233 from the FERC exceeded the campaign goal by $95,333; Gingold is particularly proud of the fact that the campaign had no out-of-pocket expenses. All 14 offices at the FERC met or exceeded their campaign dollar goals. Year after year FERC regularly wins the prestigious Summit Award for exceeding the prior year's donation level by 2 percent.

"I am involved with this campaign because it touches real people," Gingold concludes. "In all my years of legal work, I deal with countless faceless organizations. In the CFCNCA, I meet face to face with people and I make a real difference in people's lives."

Tips from Edward Gingold:

- Hold regular events highlighting CFCNCA charities
- Offer prizes or other incentives to attract a crowd
- Include campaign information in agency publications
- Remember to say 'thank you' to donors and volunteers

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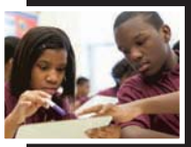

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Past CFCNCA Contest Winners Offer Ideas for Today

Each year, the CFCNCA honors creative and effective ideas used in the annual campaign. A look at the 2009 contest winners offers insight into some of the best ways to communicate the campaign theme, "The Compassion of Individuals. The Power of Community," and encourage giving.

Awards are presented to winners in three categories, based on the goals that are set for each department or agency:

- The small category is for a goal of $99,000 or less
- The medium category is $100,000-499,000
- The large category is anything over half a million dollars.

Following are award honorees in the areas of design and communication. Next month, look for the winners who used bright ideas for special events to support the campaign.

THE BEST POSTER OR DISPLAY AWARD

The U.S. Air Force, 89th Airlift Wing was a co-winner in the small category for its goal board. Using a graphic of their own winged logo instead of the traditional baromometer, the logo filled in with color as donations came in. The other winner in the small category, the U.S. Department of Agriculture produced oversized posters to promote its bake sale and draw people in to visit with CFCNCA charities.

The U.S. Air Force 89th Airlift Wing used their logo as a barometer for tracking their donation progress.

In the medium category, the Department of Health and Human Services/Substance Abuse and Mental Health Services Administration advertised its "Spare a Dime" musical fundraiser with a Depression-era poster of a street musician playing a guitar. Along with each poster, an open guitar case encouraged small change contributions that also went to the CFCNCA.

In the large category, two awards were given out. The Defense Intelligence Agency created a "Compassion" mural that was a calendar, contact list and inspiration all rolled into one. The Internal Revenue Service built a large calendar to advertise the many activities in their campaign.

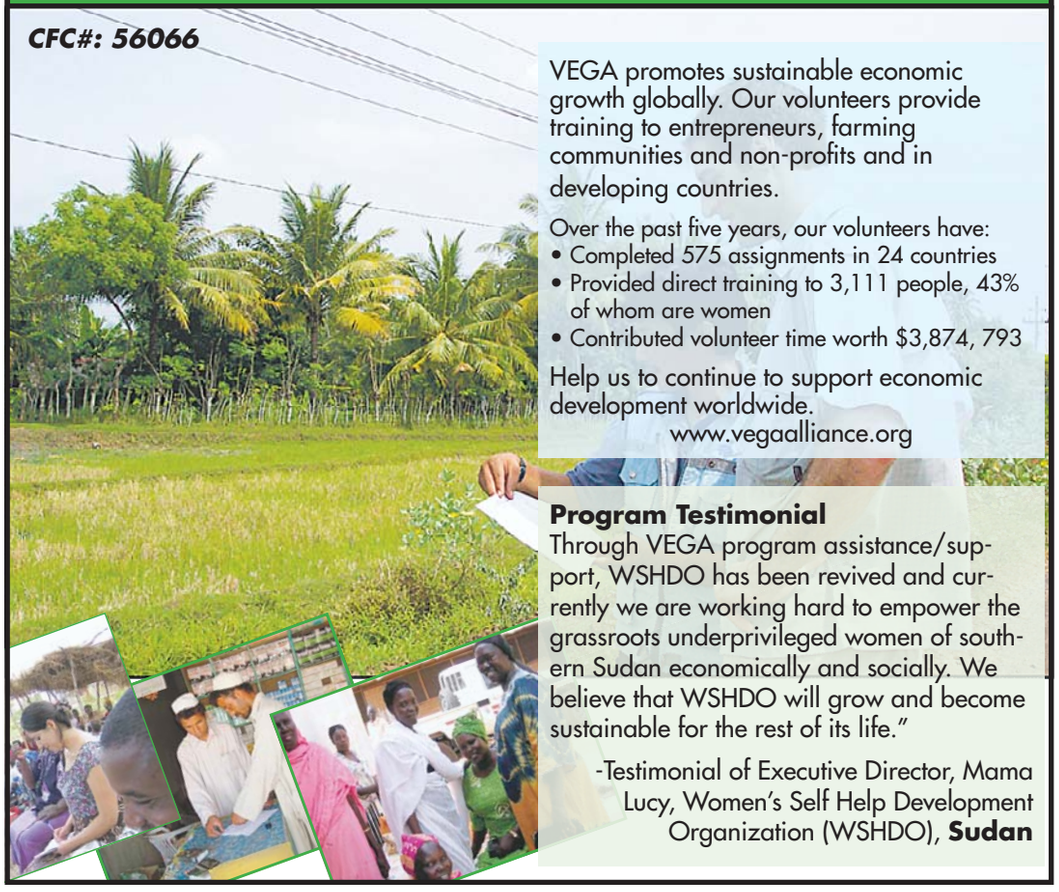
THE BEST PHOTOGRAPHY AND USE OF IMAGES AWARD

The Farm Credit Administration (FCA) was honored in the small category for taking an aerial photo of FCA employees to capture the concept of community. They then cut the photo into large puzzle pieces that employees reconstructed to build a "Powerful Community of Compassion."

The Department of Health and Human Services/Center for Disease Control/National Center for Health Statistics (NCHS) was one of two winners in the medium category. The Center chronicled campaign activities with many photos featured on e-mails and the CFCNCA intranet site. The team at the Department of Treasury-Comptroller of the Currency won the other prize for memorializing their efforts through a series of snapshots taken throughout the entire campaign season.

In the large category, the Defense Intelligence Agency impressed the judges by using photography to highlight the agency's military roots as well as its theme of compassion. Staff received photos from the campaign kickoff in small commemorative binders.

Volunteers for Economic Growth Alliance (VEGA)



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www.nvfc.org

THE BEST CAMPAIGN WRITING OR PUBLICATION AWARD

The U.S. Army/ACSIM/IMCOM (Installation Management) took the award in the small category by providing articles on the campaign for the *Fort Myer Pentagram*, with a weekly feature that told the personal story of a specific CFCNCA donor and his or her reasons for giving.

The Naval Research Laboratory won in the medium category for publishing many CFCNCA articles in *Labstracts*, their bi-weekly newspaper.

In the large category, the U.S. Army (Office of the Administrative Assistant to the Secretary of the Army, Resources and Programs Agency) developed a magazine quality guide for its campaign managers over the last two years. This publication replaced a cumbersome 3-ring binder filled with loosely organized copies of handouts and campaign information.

THE BEST WEBSITE OR ELECTRONIC COMMUNICATIONS AWARD

For the small category campaign volunteers in the Department of Health and Human Services/Indian Health Services (IHS) featured entertaining videos with several IHS Keyworkers and employees as actors. In the medium category, the Office of Personnel Management developed an extensive electronic messaging strategy for the campaign that included a blog and webcast from Director John Berry, an intranet site, email blasts, an electronic events calendar and message board.

The Library of Congress dedicated a page on their intranet site to the CFCNCA where they shared campaign information and up-to-date donation totals.

Two winners were selected in the large category. The National Institutes of Health/Center for Information Technology created a website to answer all the questions donors and volunteers had about the campaign. Each week the site spotlighted a different CFCNCA charity and showed the real results that employees' contributions bring to people in need. The Library of Congress dedicated space on their intranet site solely for the CFCNCA. During the campaign, they launched the site to share key information and up-to-date donation totals.

THE BEST OVERALL COMMUNICATIONS PROGRAM

(FCA) used newsletter articles, email news flashes, and voicemails from FCA Board members as the corner puzzle pieces of their campaign. These communication techniques helped to achieve an 84 percent agency participation rate, as well as reaching almost 120 percent of their target goal.

In the medium category, the Navy Federal Credit Union kept busy all season using strategies such as a personal message from the Navy Federal President, EmployeeGrams on the electronic bulletin board, public address announcements, ads on the intranet homepage, "Donating to CFC Makes Cents" buttons worn by the cafeteria staff and similar stickers placed on vending machines and a dedicated CFCNCA intranet site.

The U.S. Patent and Trademark Office has thousands of employees who work from home or come into the office only once a week. The Office won in the large category by using instant messages, a blog by their Director, a CFCNCA section on their intranet, electronic and paper e-Pledge cards and flyers and posters to reach employees at kitchen and conference tables everywhere.

For more information and inspiration, go to the CFCNCA website at www.cfcnca.org.

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10 Reasons to Give Today

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9. To offer support, medical care and research for the 1 million Americans each year diagnosed with cancer—and to educate people everywhere about prevention.

8. Because gifts made through payroll deduction provide a steady stream of income for selected charities.

7. So illiterate children and adults across the globe can learn to read and take control of their lives.

6. Because you can search through more than 4,000 charities online at www.cfcnca.org to find the ones that match your passion. Can't decide? Give an undesignated gift that will be distributed among all charities that receive donations during the campaign.

5. So that local students who would not otherwise get a chance to participate in the arts may learn the joy of painting, performing and creating.

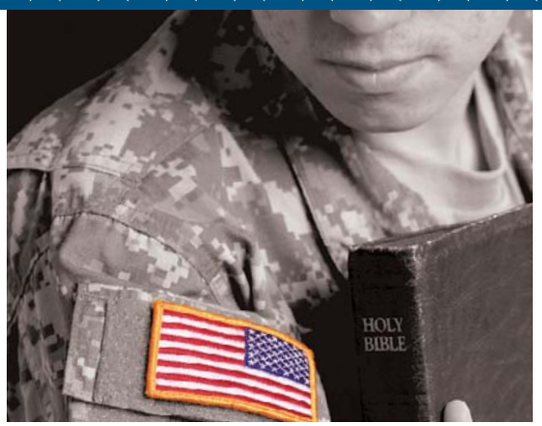
4. Using the CFCNCA's online tools—saving paper, time and money so that more resources go directly to the people and the causes that need them.

3. To improve environmental protection, education and research across the planet.

2. So that meals can be provided to people in need in the Washington area.

1. Because you care.

2010 Goal:
$67 million
Each donor can make a difference.



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www.mcsf.org

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- A copy of your Pledge Form to document which charities you designated to receive donations, and
- Your year-end pay stub that shows the total amount withheld.

The CFCNCA provides this information only as guidance. Please consult your tax advisor for further information.

Did You Know?

The people who are in the 2010 campaign materials are Federal employees – real people with real stories. Read more at www.cfcnca.org.

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11718 American Association of Diabetes Educators Education & Research Foundation
10582 American College of Rheumatology Research and Education Foundation
48726 American Thoracic Society, Foundation of the
10583 Asthma and Allergy Foundation of America
10584 Breast Cancer Research Foundation, The
11865 Cancer Immunology Research Foundation
88538 Charley's Fund, Inc.
11359 Diabetes National Research Group
11721 Foundation Fighting Blindness
12118 Glaucoma Research Foundation
12168 Hope Heart Institute
10578 Interstitial Cystitis Association
11725 Leukemia Research Foundation
10883 Menopause & Women's Health Research Center
12135 Multiple Sclerosis National Research Institute
54977 National Brain Tumor Society
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Seau Hospitalized After Driving Off a Cliff

Ex-NFL great crashes after being arrested in domestic incident

Pro Football

Former NFL star linebacker Junior Seau drove off an embankment and was hospitalized with minor injuries Monday, less than nine hours after he was arrested on suspicion of domestic violence.

The 12-time Pro Bowler's white Cadillac SUV was found on the beach about 30 feet below the roadside, said Carlsbad police Lt. Paul Mendes. He was taken to Scripps La Jolla Hospital in San Diego.

Seau's 25-year-old, live-in girlfriend told authorities that Seau assaulted her during an argument at his Oceanside home, according to Oceanside police. She appeared to have minor injuries and did not require medical treatment.

CHARLES KRUPA/AP

Junior Seau, who last played for the Patriots, suffered minor injuries in the crash.

Seau, 41, was arrested outside his home about two hours after police arrived. He wasn't home when authorities arrived but they asked him to return when he called his girlfriend. Seau posted bail and was released from the San Diego County jail in Vista.

"At this point we think he's fine but we really don't have any comment," said Richard Doan, who answered the cell phone of Bette Hoffman, who works for Seau's foundation. A hospital spokeswoman, Lisa Ohmstede, declined to comment on Seau's condition.

Seau was a star linebacker with the University of Southern California before starring with the San Diego Chargers, Miami Dolphins and the New England Patriots. (AP)

Reversals

THE WINLESS CAROLINA PANTHERS benched struggling rookie QB Jimmy Clausen. above, on Monday, turning the NFL's worst offense back over to Matt Moore. Moore, who was benched after six turnovers in the first two games, will start Sunday against San Francisco, which just got its first win of the season Sunday vs. Oakland. (AP)

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Would starting HIV medicines earlier help prevent some of these serious illnesses? The Strategic Timing of AntiRetroviral Treatment (START) clinical research study hopes to answer this and other important questions by investigating the risks and benefits of starting HIV medicines at CD4+ cell counts over 500/mm^3 compared to waiting until CD4+ cell counts drop to 350/mm^3. Participants will be randomly assigned to one of two groups: those who start HIV medications immediately and those who will wait until their CD4 drops below 350 or there is a clinical reason to start medications. Researchers will follow participants for 3–6 years.

If you are older than age 18 and have been diagnosed with HIV, you may be eligible to take part in the START research study. All HIV medicines have some side effects. You will be informed about potential or developing risks throughout the study.

To find out if you qualify for the START clinical research study or for more information, call:

1(800) 411-1222 (TTY: 1-866-411-1010)

Se habla español (reference 10-CC-0124)

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- Have you started to drink too much alcohol?

People between the ages of 21 and 50 who have the above symptoms may qualify for a five week inpatient research study looking at the effects of a new drug for individuals with Post-Traumatic Stress Disorder and alcoholism. There is no cost for taking part and people will be compensated for their participation. For further information about this study being conducted at the NIH Clinical Center in Bethesda, MD, call 301-496-1993. TTY: 866-411-1010 www.cc.nih.gov

Se habla español Protocol # 09-AA-0136

NIH CLINICAL CENTER
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NIAAA
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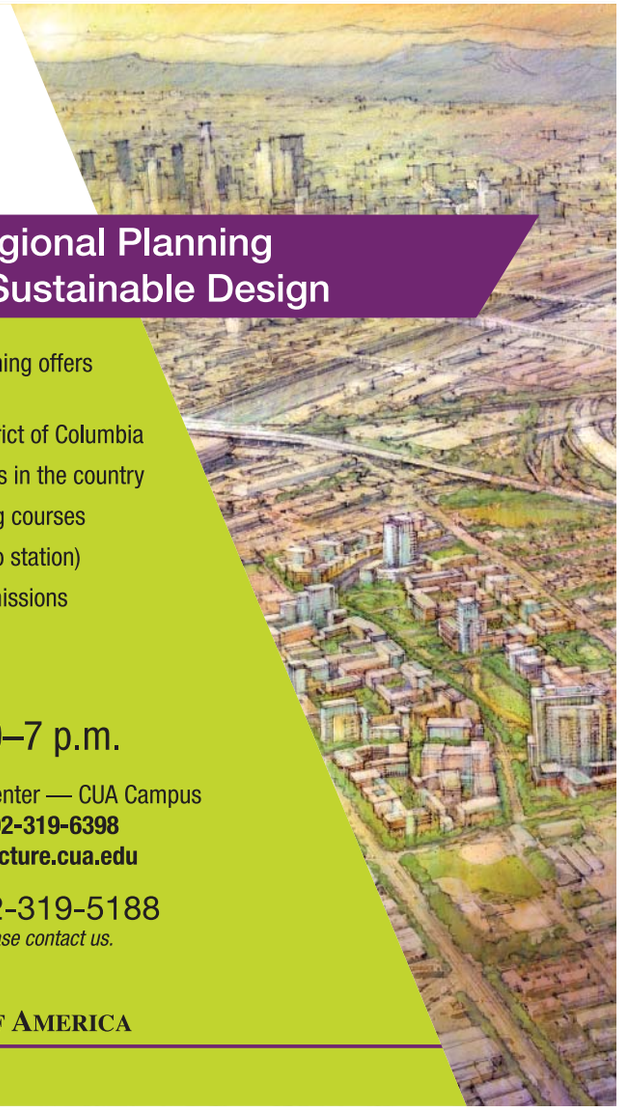

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Sports

NICK WASS/AP

The Caps are off to a 4-1 start despite struggling to play a complete game so far.

A Consistency Problem for Caps

7:30 P.M.
Tues. | Versus

The Capitals

At the start of the season, the Washington Capitals spoke not of becoming a different team, but rather a more focused one. After racing to the Presidents' Trophy but fizzling out in the first round of the playoffs, they wanted to become a group who didn't just claim a victory, but won by dominating an opponent throughout an entire game.

Despite a 4-1 record, the Capitals still seek that unwavering performance as they start a home-and-home set against the Boston Bruins Tuesday at Verizon Center. "I told them they're winning on talent not on the way they're playing," coach Bruce Boudreau said.

Washington's eventual 3-2 overtime win against Nashville Saturday qualified as the team's most uneven contest, as the Predators dictated the first half of the game and drew several sloppy penalties. Thanks to a stellar showing by goaltender Michal Neuvirth, who stopped 37 of the 39 shots he faced, the Caps rallied. Problem is, it was hardly an isolated incident.

There was the forgettable season opener in Atlanta, where the Thrashers out-worked the team that beat them in all six meetings last year. Against the Islanders and Senators, Washington got off to slow starts as well.

While any team has kinks to work out this time of year, and so far the results have been positive, the methods by which the Capitals have captured wins has been far from ideal. "I guess you can look at it two ways," Mike Knuble said. "It's positive to have the ability to do that and that you can do that when you need to. The negative is: Why are you in that position?"

KATIE CARRERA (THE WASHINGTON POST)

If You Rebuild It, He Will Come

Eric Wedge, who as the helm during two overhauls in Cleveland, has a new rebuilding project. The former Indians skipper was officially announced on Monday as the Seattle Mariners' seventh manager since 2003. Seattle is a decade removed from its last playoff appearance and is coming off its second 101-loss campaign in the past three seasons. (AP)

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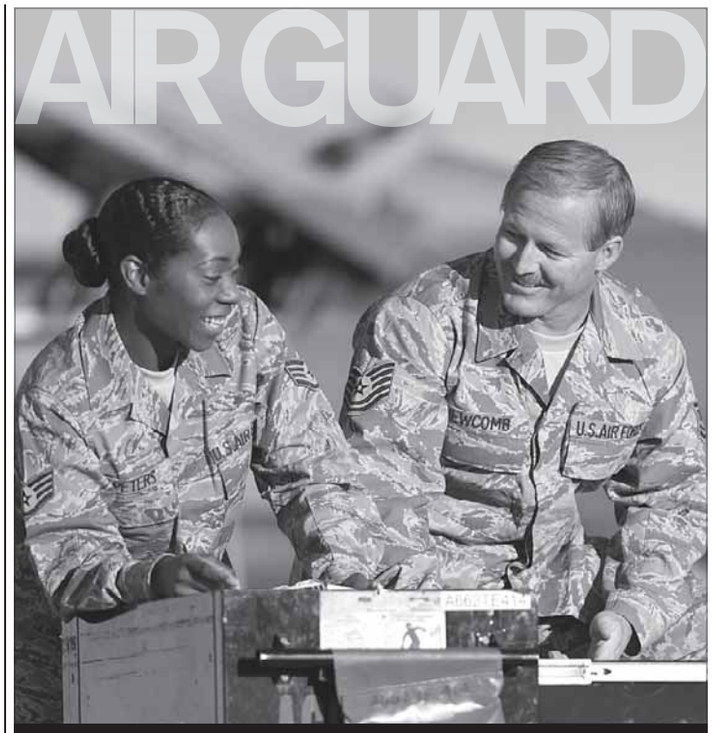

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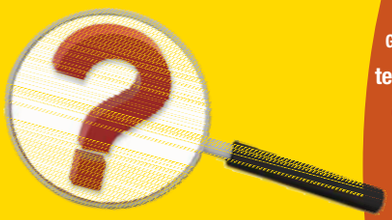

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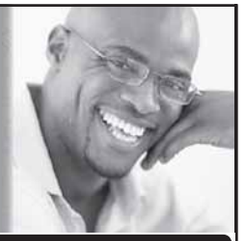

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- Roomy, Modern Apts
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Hyattsville

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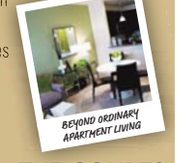

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Mixed Messages
Reports cast a new light on Justin Bieber's laser tag incident 45

Sound Bets

COURTESY DISCHORD

The Nasty Factor

Dischord musicians have long played hardcore musical chairs, but Dag Nasty adored the game. The D.C. band's lone constant was guitarist Brian Baker, but it wasn't just bassists and drummers who changed: Dag Nasty had three singers. Dave Smalley sang on Dag Nasty's classic first release, "Can I Say," and Peter Cortner handled the poppier second LP, "Wig Out at Denko's." But the vocalist who started with the group, Shawn Brown, above center — later of Swiz — is now getting his due.

By Christopher Porter

"Dag With Shawn" documents nine songs Brown and the band recorded in 1985, before he was soon given the boot for not being melodic enough. Smalley joined and Dag Nasty recut eight of these tracks — using Brown's lyrics — and added two new songs to make 1986's "Can I Say," a touchstone of melodic punk. But Brown's versions are no less essential, and his brute-force vocals punch through Baker's ultra-catchy riffs.

Dag Nasty made the right choice with Smalley, but even if it stuck with Brown, "Can I Say" would have achieved its all-timer status because the songs are uniformly great — whether barked or crooned.

@ Comments? Give Christopher your feedback: **expressnightout.com/soundbets**

DAN WINTERS

Good thing there weren't any pigeons flying over this sand dune occupied by Caleb Followill, second from right, and crew.

Reign of Boredom

Kings of Leon might just put the final nail in their coffin with the lifeless 'Sundown'

Come Around Sundown
Kings of Leon

Album Review

It took seven years, but Kings of Leon finally did it. With their fifth full-length album, "Come Around Sundown," they've finally become the corporate rock act their critics have been accusing them of wanting to be all along.

The 13 songs on "Come Around Sundown" are so eviscerated and lifeless you'd think they were arranged by committee. Nothing on this album is bad per se, just safe and unremarkable.

By now, the Kings' story is familiar. Three brothers raised by their nomadic preacher father get saved by rock and roll and recruit their cousin to form a band. It worked for a while. Their "Holy Roller Novocaine" EP and first two albums married garage band sloppiness with Southern rock bravado to great effect.

The trouble started on their third CD, "Because of the Times," which found the band moving dangerously into arena rock. "Only By the Night" watered down nearly everything that made them interesting to begin with. But it also sold millions of copies and earned the band four Grammy Awards, so you can't blame them for sticking to the formula.

Idiosyncratic lyrics have been replaced by Dr. Phil platitudes and enthusiasm supplanted by professionalism.

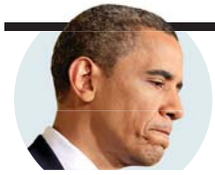
But "Come Around Sundown" dilutes their original sound so much that no one would ever recognize this band as the one that blazed through the odd, Dylanesque murder tale "Joe's Head" on their first album. Idiosyncratic lyrics have been replaced by Dr. Phil platitudes and amateurish enthusiasm has been supplanted by professionalism.

All that said, "Come Around Sundown" has its moments. Opening songs "The End" and "Radioactive" both channel variations on the melody from the band's mega hit "Sex on Fire" and should sound great on the radio. But the production is so antiseptic that it takes more than a few listens before these songs hit you on any emotional level. TONY SCLAFANI

Bad Signs

Mindless Tasks

Kings of Leon frontman Caleb Followill admitted that he and his compatriots felt like they were punching the clock when they recorded "Come Around Sundown" in a sterile New York studio instead of back down South, where they're more comfortable. "It felt like we were going to the office," he told Contact Music. T.S.



The Man, The Mythbuster: President Obama will appear on a Dec. 8 episode of Discovery Channel's "Mythbusters," a show that uses science to investigate urban legends. Discovery says the episode considers this question: Did Greek scientist Archimedes set fire to an invading Roman fleet using only mirrors and the reflected rays of the sun? Officials say the president's appearance is part of a White House push to promote math and science education. (AP)

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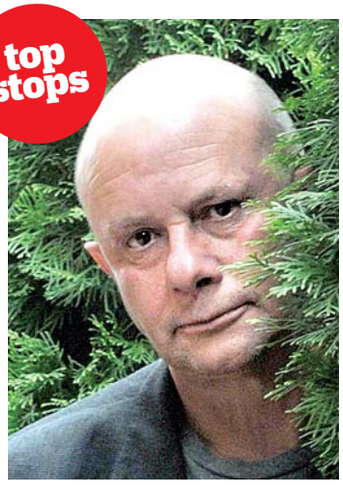

1 About Some Boys

Ben Folds and Nick Hornby, right, are a match made in heaven — both of them have done their best work on songs and books, respectively, that are portraits of guys (who might or might not be Ben Folds and Nick Hornby! We are loath to speculate) who are brutally honest and often jerky to the women around them. They've teamed up to make an album ("Lonely Avenue"), from which they'll be singing tonight. ***Sixth and I Historic Synagogue, 600 I St. NW; 7:30 p.m., $30; 202-544-4600. (Gallery Place)***

2 Behind The Music

Though of course no real band's story can ever be as compelling as "That Thing You Do," our John-Lennon's-birthday sentimentality has led us to be truly excited for "Nowhere Boy," a Freud-laced movie about Lennon's childhood, relationship with his mother and idea to start a rock band. ***E Street Cinema, 555 11th St. NW; 202-452-7672. (Metro Center)***

3 If That Really Is Your Name

The pick of this year's D.C. Labor Film Fest is clear: The D.C. premiere of "Fair Game," the movie about Valerie Plame being outed as a CIA agent by unscrupulous realpolitikers. And since movie stars would be out of place in such a serious and important town, the post-film talk-back will be with the director and with Valerie Plame and Joe Wilson, the real-life inspirations for the movie. ***AFI Silver Theater, 8633 Colesville Road, Silver Spring; 7 p.m., $20; 301-495-6720, Afi.com/silver. (Silver Spring)***

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One Big, Odd Adventure

Relive the 'Playhouse' kookiness with the complete collection of Pee-wee episodes

DVD Review

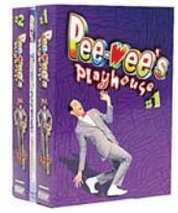
KEVIN WINTER/GETTY IMAGES

Pee-wee Herman fell from grace awfully hard. Much like Hugh Grant's dalliance with a prostitute while dating Elizabeth Hurley cast a grim shadow over his public image, Paul Reubens' 1991 arrest for masturbating in a Florida adult theater changed the way we thought about Pee-wee. The pasty man of shrunken suit and kooky bow tie we knew and loved from "Pee-wee's Playhouse" now just seemed creepy.

Reubens' career skidded to a stop after CBS canceled "Pee-wee's Playhouse." Since then, he's had a bumpy road back to redemption, with roles on "Murphy Brown" and in the Johnny Depp flick "Blow." Child pornography charges against him were brought, then dropped in 2004.

Still, he's Pee-wee. And so, you may not be able to resist "Pee-wee's Playhouse: The Complete Collection," an 11-disc set that drops on Tuesday ($36).

Basically everything remotely related to "Playhouse" is in the collection. There are 45 episodes of the show, which ran from 1986 to 1990, as well as the prime-time Christmas special from 1988, with guest stars including Magic Johnson and Whoopi Goldberg.



With more than 1,000 minutes of material, the collection is for the most diehard of Pee-wee Herman fans. But even decades after the show graced our TV screens, and despite Reubens' numerous shady moments, Pee-wee's messages about friendship and loyalty are still pretty spot-on.

ROXANA HADADI

Pee-Wee's Playhouse: The Complete Collection (CCCC)

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The folk singer's early albums are reissued in their original mono

Boxed Set Review

What does it say about current music technology that releasing an artist's catalog in mono is a significant event that renders previous remasterings obsolete? Bob Dylan's early albums — the bedrock of '60s dissent folk and some of the best rock songs ever grooved into vinyl — have been reissued several times, but rarely with the sense of record-setting-straight purpose as they are

The Original Mono Recordings
Bob Dylan

with "The Original Mono Recordings," which collects his first eight full-lengths and presents them the way he intended: with voice, guitar, harmonica, outrage, humor and inspiration all emanating from the same channel.

Not surprisingly, they sound better in mono than in stereo. Especially on his first albums — his self-titled 1962 debut, his more confident "The Freewheelin' Bob Dylan" the next year — mono emphasizes the intricate interplay between his voice and guitar. Often parodied for his nasal grunt, Dylan was a better and more expressive singer than he's often given credit for, with easy access to deep reserves of anger and, yes, silliness.

DON HUNSTEIN/SONY

Bob Dylan began as a sincere folkie but quickly developed his irreverent edge.

Perhaps most crucially — especially for fans deeply familiar with Dylan's catalog — "The Original Mono Recordings" presents the music in a different form that allows us to hear these songs freshly. It's a chance to marvel anew at how much Dylan changed in the few short years covered by this set.

Often parodied, Bob Dylan was a better and more expressive singer than he's been given credit for.

"Bob Dylan" contains primarily covers of old-time compositions such as "Man of Constant Sorrow" and "See That My Grave Is Kept Clean," with a few originals mixed in. Yet, with each year and each release, he grew more irreverent, more ambitious, more adventuresome, writing his own material and taking new liberties with the staid folk styles. **STEPHEN M. DEUSNER**

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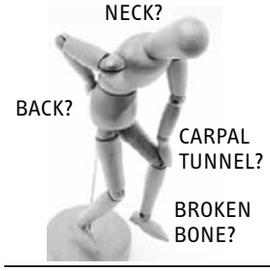

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TV tonight lookout

Best Bets

TOON 8:00

Tower Prep In this new live-action series, budding hero Ian Archer (Drew Van Acker, right) wakes up one morning and finds himself trapped at a mysterious prep school with no escape. Determined to find some answers, he quickly forms a secret group with three other students.

BRAVO 9:00

The Millionaire Matchmaker Deciding she is ready to make a big change, Patti Stanger relocates her business to the Big Apple, where her first two clients are classic New Yorkers: A larger-than-life sports fiend and a 26-year-old heiress.

NBC 10:00

Parenthood Haddie, Amber and Drew want nothing to do with Zeek's over-the-top family Halloween celebration, while Max's (Max Burkholder, left center) new plans for the holiday make Adam and Kristina nervous.

APL 10:30

Freak Encounters This new series follows people who are duped into confronting their major phobias. In the opener, Christian joins up with a "wildlife research team" investigating aerial attacks on animals in the forest. Sounds delightful for all involved. (TRIBUNE MEDIA)

JON-PHILLIP SHERIDAN

Whole Lot of Intrigue

THE PARKING LOT MOVIE

PBS 10:00

"Independent Lens" returns with the quirky film "The Parking Lot Movie." "Lot" follows the employees of The Corner Parking Lot in Charlottesville, Va. Just as "Slacker" captured the overcaffeinated theorizing of the denizens of Austin, this film makes stars of the grad students, fired professors and drifters who park the cars of entitled college students. (UNITED FEATURE SYNDICATE)

Reunions

Hello, McFly!

To celebrate the 25th anniversary of "Back to the Future," Michael J. Fox, Elizabeth Shue and Lea Thompson are scheduled to appear on Spike's "Scream 2010" (9 p.m.) special. This annual event pays homage to everything that is great about comics, fantasy, sci-fi and horror, presenting awards in such categories as most memorable mutilation and "Holy (expletive)!" scene of the year. (T.M.)

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Poll Center

Today's Question

DO YOU THINK MOST FEDERAL GOVERNMENT WORKERS ARE OVERPAID?

VOTE AT EXPRESSNIGHTOUT.COM OR TEXT A FOR YES OR B FOR NO TO 98999

Yesterday's Results

HAVE YOU GIVEN LESS TO CHARITIES DUE TO THE ECONOMIC DOWNTURN?

"Yes, unfortunately. I'm not Mother Theresa and there is a limit to my kindness. Specially since noone of late seems to have any sympathy for the middle class." **COMMENTER RUMIT**

"No. Actually, I now give more to charities and spend less so that Uncle Sam, who doesn't know how to pay his own taxes, will get less of my money."

COMMENTER GARRETT IRBY

"Less money, but more of my time." **COMMENTER TIM**

SEE HOW YOUR METRO STATION VOTED AT WWW.EXPRESSNIGHTOUT.COM

"Revelations that the entire cast was shooting up during filming? Fine, as long as Han shot first! The only thing we'd be really upset about is if Princess Leia had been using midichlorians. You shouldn't mess with that stuff."

— **VOICES.WASHINGTONPOST.COM/ROUGHSKETCH** DOESN'T THINK ALL THAT MUCH OF NEWS THAT ACTRESS CARRIE FISHER AND OTHERS FROM THE ORIGINAL STAR WARS FRANCHISE SNORTED COCAINE DURING FILMING OF THE "THE EMPIRE STRIKES BACK"

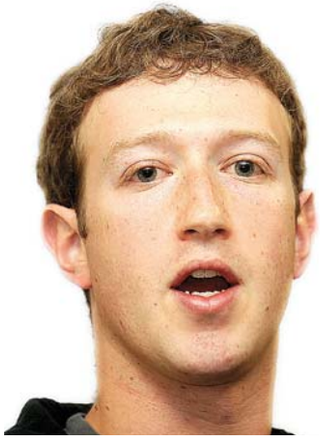
Blog Log

"He married gay couples in his garage in one episode. Marge is on the pill. He prayed to a waffle stuck to the ceiling. He does not honor his father. And I can't see him giving up meat even one day of the week."

— **GAWKER.COM** COMMENTER JUMPINGPIGLET RESPONDING TO THE VATICAN'S CLAIMING HOMER SIMPSON IS A "TRUE CATHOLIC" IN ITS OFFICIAL NEWSPAPER, L'OSSERVATORE

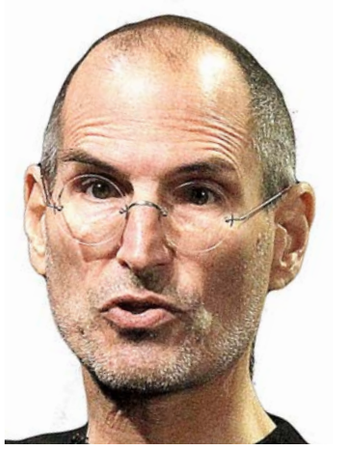
"Kanye, just like you I am shocked! An album titled 'Beautiful Dark Twisted Fantasy' with a bare nipple on the cover was banned from Walmart? You don't say! Who could have foreseen that?"

—**THEFRISKY.COM** IS MORE SHOCKED AT KANYE WEST'S TWEETED REACTIONS TO WAL-MART, TARGET AND OTHER U.S. RETAILERS ALLEGEDLY BANNING THE COVER ART FOR HIS NEW ALBUM, DUE OUT NOV. 22.



"But, as we've learned from a certain movie, many of Facebook's original friends have become enemies. Let's hope the dinner has brought two of the biggest names in tech closer together."

—**MASHABLE.COM** HOPES THE DINNER DATE BETWEEN APPLE'S STEVE JOBS AND FACEBOOK'S MARK ZUCKERBERG WILL RESULT IN MORE COLLABORATION BETWEEN THE TWO TECH GIANTS, ESPECIALLY OVER PING, ITUNES' SOCIAL COMPONENT THAT SO FAR DOESN'T INTEGRATE WITH ANY OTHER SOCIAL NETWORKS.



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puzzles lookout

Horoscope

LIBRA (Sept. 23-Oct. 22) One thing ends and another begins, but the boundary line between them isn't likely to be that clearly laid out.

SCORPIO (Oct. 23-Nov. 21) You may encounter some complications stemming from bureaucratic details that seem to have gotten somewhat out of control.

SAGITTARIUS (Nov. 22-Dec. 21) You know how to do what needs to be done, but you may require a little persuasion before you get to work.

CAPRICORN (Dec. 22-Jan. 19) The clock is ticking, and you must be willing to economize if you're going to get the important things taken care of before it's too late.

AQUARIUS (Jan. 20-Feb. 18) Pressure mounts, but you know how to streamline your efforts and, at the same time, maximize your productivity.

PISCES (Feb. 19-March 20) Personal energy is on the rise, but you may not know just how to focus those energies until someone takes you under his or her wing.

ARIES (March 21-April 19) What you say and do can inspire others. Later in the day, you'll receive more attention for something done by accident.

TAURUS (April 20-May 20) You are likely to be surprised by the response you get simply by walking into a room. There's no doubt that your reputation certainly precedes you.

GEMINI (May 21-June 20) You'll have no trouble staying in touch, but the truth is that you may have little to say to certain individuals. Don't force it.

CANCER (June 21-July 22) Your eyes are likely to be opened to the truth about someone you've been close to for some time. A change is coming soon.

LEO (July 23-Aug. 22) Don't reveal any signs of uncertainty or weakness, for there are those around you who would take advantage of you.

VIRGO (Aug. 23-Sept. 22) Getting started should not be a problem at all, but stopping when the time comes may prove quite a challenge.

PostPoints DAILY CODE CU

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 209

								RACK 1
A1	I1	O	W4	L1	L1	P3		
								RACK 2
A1	E1	E1	N1	T1	S1	D2	2nd Letter Double	
								RACK 3
A1	O1	U1	U1	C3	S1	V4		
								RACK 4
A1	I1	U1	S1	R1	C3	S1	Triple Word Score	

Yesterday's Solution

T1	Y4	P3	I1	C3	A1	L1	RACK 1 =	72
A1	N1	D2	R1	O1	I1	D2	RACK 2 =	59
I1	N1	S1	I1	S1	T1		RACK 3 =	6
V4	O1	C3	A1	L1	L1	Y4	RACK 4 =	80
PAR SCORE 150-160							TOTAL	217

FOUR RACK TOTAL _____

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. 7-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Sudoku

MEDIUM

9	3		8		6			
		8		3				
	4				1	5		
6		3			9	4		
2								5
		4	6			3		9
		2	1				6	
				6		9		
			7		8		4	2

Yesterday's Solution

7	4	3	6	9	8	1	2	5
6	9	5	1	2	4	7	8	3
8	1	2	7	5	3	9	4	6
4	2	7	5	1	9	3	6	8
5	6	8	3	7	2	4	1	9
9	3	1	4	8	6	2	5	7
3	8	4	9	6	1	5	7	2
2	7	9	8	4	5	6	3	1
1	5	6	2	3	7	8	9	4

Need more Su|do|ku? Find another puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

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Comics

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POOCH CAFE | PAUL GILLIGAN

PEARLS BEFORE SWINE | STEPHAN PASTIS

Forecast

66 | 48

Today: A touch of rain today. Becoming partly cloudy tonight.

66 | 49

Tomorrow: A touch of rain tomorrow morning. A moonlit sky tomorrow night.

Looking Ahead

THU	FRI	SAT
68 | 49	63 | 44	65 | 48

Sun and Moon
Sunrise today: 7:21 a.m.
Sunset today: 6:24 p.m.
Moonrise today: 4:31 p.m.
Moonset today: 4:06 a.m.

Almanac
Normal high: 67
Record high: 85
Normal low: 49
Record low: 34

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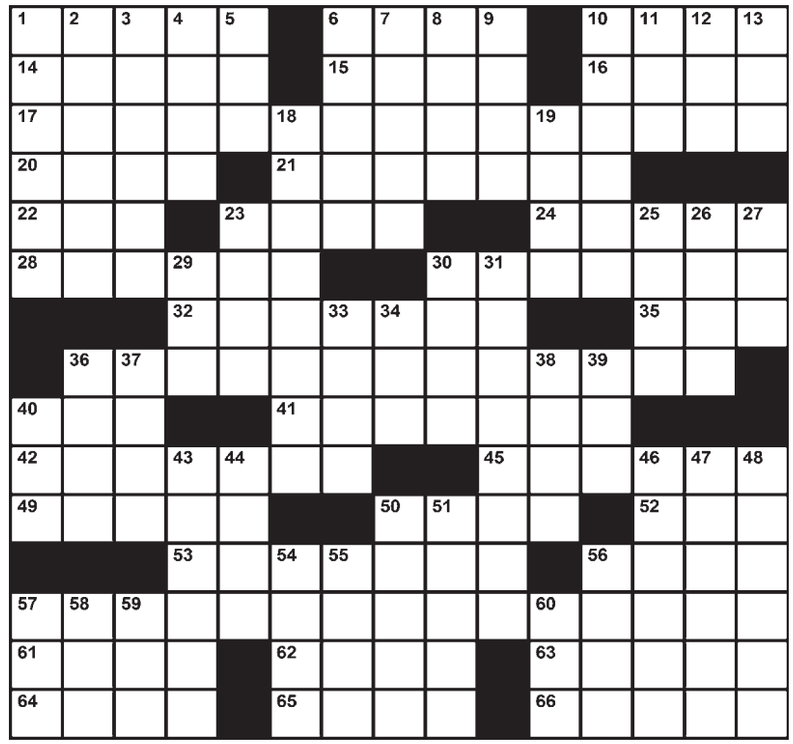
lookout puzzles

Crossword

IT COULD HAPPEN TO YOU



EDITED BY TIMOTHY E. PARKER

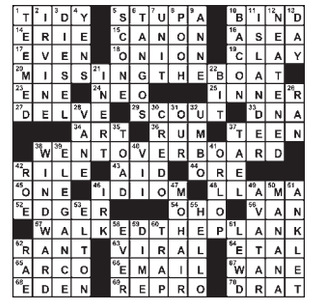
ACROSS

1 Marry on the run
6 Uniformed comics dog
10 A language of Scotland
14 Ranee's garment
15 Rosary component
16 Laid-back quality
17 Unplanned meeting
20 Red ___ (cinnamon candies)
21 Catalogs
22 Two-way poetic preposition
23 Like some refills
24 Flight attendant's beat
28 United in matrimony
30 Level or rank
32 Tinged with gold
35 "___ as directed"
36 Lottery machines generate them
40 Saint Anthony's cross
41 Compassionate sorts
42 Endure longer than
45 Flamethrower fluid
49 Stratagems
50 Like some SoHo galleries
52 ___ de Janeiro
53 Portman who played a "Star Wars" princess
56 Takes sick leave
57 Surprise drop-by
61 Dad in a stable
62 Chemical compound
63 Standard of perfection
64 Melodramatic lament
65 Complicated situation
66 Pretty piece of change?

DOWN

1 Forgo
2 Pakistani metropolis
3 Waxed eloquent
4 They can be filled with inks or oinks
5 Common Mkt.
6 Qualifying for sumo wrestling, e.g.
7 Walking on eggshells
8 Crunchy Tijuana treat
9 Skunk's defense
10 Weensie's partner
11 ___ Pack (Sinatra & pals)
12 Weather vane dir.
13 Suffix with "racket" or "convention"
18 Otologist's recommendation
19 Beehive State
23 Lingering fight between families
25 Ugly put-down
26 Half a financial statement?
27 Baghdad-to-Tehran dir.
29 Dapper dude?
30 Decorative sewing case
31 United firmly
33 Give off, as fumes
34 Insect on a hill
36 Julia of "Addams Family Values"
37 It can get into a jam
38 Cry from Eeyore
39 Prophetic gift
40 Score more than
43 Long-legged wildcats
44 Stat in the office?
46 Like a phoenix out of the ashes
47 ___ Jackson Braun (author of "The Cat Who ..." mysteries)
48 Pretty much
50 Los ___, Calif.
51 Cambodian money
54 Be overabundant
55 Facial flare-up
56 Subordinate staffer
57 NATO member
58 Zilch
59 Period for historians
60 One given a red-carpet reception

Yesterday's Solution



Today in History

1781 British troops under Gen. Lord Cornwallis surrender at Yorktown, Va., as the American Revolution neared its end.

1960 The United States begins a limited embargo against communist-ruled Cuba.

1987 The stock market crashes as the Dow Jones Industrial Average plunged 508 points.

express

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people lookout

STOP READING

This Item Not About Jessica Simpson's Weight or Boyfriend

Jessica Simpson upset a group of Iraq and Afghanistan vets, Usmagazine.com reported. The men claim the singer cut them from her Christmas special after her handlers decided fatigues were not dressy enough to allow onstage. "They were told they couldn't perform unless they were wearing tuxedos," a source told the New York Post. The special was filmed Thursday. **(EXPRESS)**

WARNING SIGNS

Women ... Can't Even Put Up With a Little Fraud!

Anne Hathaway can now joke about her ex admitting he was a con artist. The actress opens up about the ordeal in the November issue of Vogue. Asked to name her "deal-breakers," Hathaway replied, "Fraud?" Raffaello Follieri pleaded guilty to cheating investors by falsely claiming he had Vatican connections that enabled him to buy church property at a discount. **(AP)**

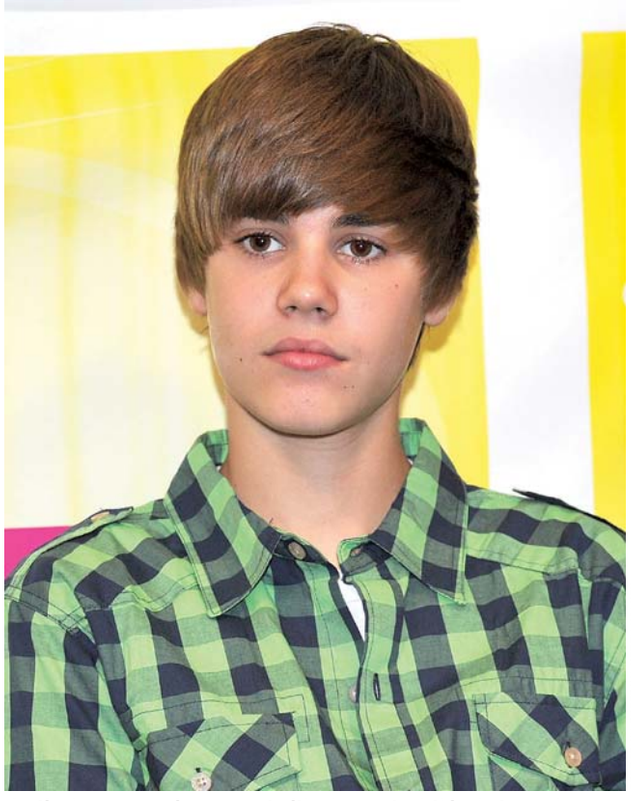
FRAZER HARRISON/GETTY IMAGES

Sorry, Pope Benedict XVI, Anne isn't dating men with Vatican ties anymore.

COMMITMENT

'I Love Doing Stuff a Judge Told Me I Had to Love Doing'

Paris Hilton has vowed to stop partying and start giving back, according to Radaronline.com. "My community service is really important to me," she said of the 200 hours she was sentenced to serve. "This week I started and we went down and got a bunch of pumpkins at the pumpkin patch and carving tools and paint, candy and a piñata and did a lot of fun things for the kids." **(EXPRESS)**



FREDERICK BREEDON/GETTY IMAGES

Justin shares a pensive moment with whoever took this photograph.

EXPLANATION

Biebs Was Provoked

A source who claims to have witnessed the incident involving Justin Bieber allegedly hitting a boy in a Richmond, B.C., laser tag facility told Usmagazine.com that "the 12-year-old and his friends were targeting Bieber and shooting him over and over." The boy and Bieber "bumped into each other by mistake and Justin ended up shoving him to try and get away," the on-looker stated, adding, "The whole thing got totally blown out of proportion." **(EXPRESS)**

Dirtbag Digest

Sanitize Your Hands, Brain

A man says he posed as Tiger Woods in a sex tape being hawked by Devon James, a purported prostitute/Woods mistress, Radaronline.com reported. Teneal Goyco says he was given $1,000 to "star" in the "film," in which he wore a sweater vest and Nike hat. James is taking pre-orders for the tape on her website. **(EXPRESS)**

SQUATTING

We Hear Paris Hilton's Shed Is Lovely This Time of Year

A Santa Barbara, Calif., prosecutor says Randy Quaid and his wife have failed to show up at a court hearing stemming from their arrests last month on suspicion of illegally squatting at a home. A judge issued $50,000 warrants for the couple. The case will be called again on Oct. 26. (AP)

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